



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

Four Townes Schedule August 1st - August 12th

Monday	Wednesday	Thursday	Friday	Saturday	Sunday
University High School Swim Team (7:00-8:30 am) No Lap Lanes Available 7:00 – 8:30am	University High School Swim Team (7:00-8:30 am) No Lap Lanes Available 7:00 – 8:30am	University High School Swim Team (7:00-8:30 am) No Lap Lanes Available 7:00 – 8:30am	University High School Swim Team (7:00-8:30 am) No Lap Lanes Available 7:00 – 8:30am	University High School Swim Team (7:00-8:30 am) No Lap Lanes Available 7:00 – 8:30am	
Water Aerobics (Shallow Water) 8:00am – 9:00am		Water Aerobics (Shallow Water) 8:00am – 9:00am		Water Aerobics (Shallow Water) 8:00am – 9:00am	
Lap Swim/ Open Swim (3 Lanes) 8:30am – 8:30pm	Lap Swim/ Open Swim (3 Lanes) 8:30am – 8:30pm	Lap Swim/ Open Swim 8:30am – 7:00pm	Lap Swim/ Open Swim (3 Lanes) 8:30am – 8:30pm	Lap Swim/ Open Swim (3 Lanes) 8:30am – 7:30pm	Special Olympics* (4 Lanes) 8:00am – 9:00am * Third-party Program
Water Aerobics (Shallow Water) 9:00am – 10:00am	Water Aerobics (Shallow Water) 9:00am – 10:00am	Water Aerobics (Deep Water) 9:00am – 10:00am	Water Aerobics (Shallow Water) 9:00am – 10:00am	Water Aerobics (Deep Water) 9:00am – 10:00am	Lap Swim/ Open Swim (3 Lanes) 9:00am – 4:30pm
Swim Lessons 8:30am – 10:00am	Swim Lessons 8:30am – 10:00am	Swim Lessons 8:30am – 10:00am	Swim Lessons 8:30am – 10:00am	Swim Lessons 8:30am – 10:00am	Water Aerobics (Shallow Water) 10:30am – 11:30am
	YMCA Camp/ Open Swim 10:00am - 2:00pm		YMCA Camp/ Open Swim 10:00am - 2:00pm		
Camp Swim 12:30pm – 2:00pm					
				\$3 Community Swim 12:00pm – 4:30pm	Lap Swim/ Open Swim (3 Lanes) 1:00pm – 4:30pm
				Pool Closes 4:30pm	Pool Closes 4:30pm
Swim Lessons 5:30pm – 7:00pm	Swim Lessons 5:30pm – 7:00pm	Swim Lessons 5:30pm – 7:00pm	Swim Lessons 5:30pm – 7:00pm	Swim Lessons 5:30pm – 7:00pm	
		Special Olympics* (4 Lanes) 7:00pm – 8:30pm * Third-party Program			
Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 7:30pm	

Lap Swimming Tips: Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer’s acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

Directions for Adult Lap: If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to “circle” swimming format.

Speed: Please choose a lane with swimmers that most nearly match your speed.

Schedule is Subject to Change: Multiple activities are often scheduled in this pool at the same time.

Private Swim Lessons Scheduled with Instructor

Color Code Key:

- Basic
- Plus
- Premium
- Paid Program

FOUR TOWNES FAMILY YMCA

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