



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULES

Ormond Beach Schedule Effective: August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ormond Y Masters (8 lanes)</b> 5:45am - 7:00am	<b>Ormond Y Masters (8 lanes)</b> 5:45am - 7:00am	<b>Ormond Y Masters (8 lanes)</b> 5:45am - 7:00am	<b>Ormond Y Masters (8 lanes)</b> 5:45am - 7:00am	<b>Ormond Y Masters (8 lanes)</b> 5:45am - 7:00am	<b>Ormond Y Masters (6 lanes)</b> 7:00am - 8:00am	
<b>Lap Swim/ Open Swim</b> 7:00am - 10:00am	<b>Lap Swim/ Open Swim</b> 7:00am - 10:00am	<b>Lap Swim/ Open Swim</b> 7:00am - 10:00am	<b>Lap Swim/ Open Swim</b> 7:00am - 10:00am	<b>Lap Swim/ Open Swim</b> 7:00am - 10:00am	<b>Lap Swim (16 lanes)</b> 7:00am - 9:00 am	
<b>DBS (7 lanes)</b> 8:00am - 9:30am	<b>DBS (7 lanes)</b> 8:00am - 9:30am	<b>DBS (7 lanes)</b> 8:00am - 9:30am	<b>DBS (7 lanes)</b> 8:00am - 9:30am	<b>DBS (7 lanes)</b> 8:00am - 9:30am		
<b>Group Swim Lessons</b> 9:30am - 11:30am	<b>Group Swim Lessons</b> 9:30am - 11:30am	<b>Group Swim Lessons</b> 9:30am - 11:30am	<b>Group Swim Lessons</b> 9:30am - 11:30am			
<b>Water Aerobics</b> 10:00am - 10:45am	<b>Water Aerobics</b> 10:00am - 10:45am	<b>Water Aerobics</b> 10:00am - 10:45am	<b>Water Aerobics</b> 10:00am - 10:45am	<b>Water Aerobics</b> 10:00am - 10:45am	<b>Community Swim (\$3.00)</b> 10:00am - 4:30pm	
<b>Masters Lunch Bunch (4 lanes)</b> 11:45am - 1:00pm		<b>Masters Lunch Bunch (4 lanes)</b> 11:45am - 1:00pm		<b>Masters Lunch Bunch (4 lanes)</b> 11:45am - 1:00pm		<b>Lap Swim/ Open Swim</b> 12:00pm - 4:30pm
<b>Lap Swim/ Open Swim</b> 1:00pm - 3:00pm	<b>Lap Swim/ Open Swim</b> 1:00pm - 3:00pm	<b>Lap Swim/ Open Swim</b> 1:00pm - 3:00pm	<b>Lap Swim/ Open Swim</b> 1:00pm - 3:00pm	<b>Lap Swim/ Open Swim</b> 1:00pm - 3:00pm		
<b>Seabreeze High School (6 lanes)</b> 3:30pm-5:30pm	<b>Seabreeze High School (6 lanes)</b> 3:30pm-5:30pm	<b>Seabreeze High School (6 lanes)</b> 3:30pm-5:30pm	<b>Seabreeze High School (6 lanes)</b> 3:30pm-5:30pm	<b>Seabreeze High School (6 lanes)</b> 3:30pm-5:30pm		
<b>Group Swim Lessons</b> 4:30pm - 6:30pm	<b>Group Swim Lessons</b> 4:30pm - 6:30pm	<b>Group Swim Lessons</b> 4:30pm - 6:30pm	<b>Group Swim Lessons</b> 4:30pm - 6:30pm			
<b>Master Swim (8 lanes)</b> 5:30pm - 6:30pm	<b>Water Aerobics</b> 5:30pm - 6:30pm	<b>Masters Swim (8 lanes)</b> 5:30pm - 6:30pm	<b>Water Aerobics</b> 5:30pm - 6:30pm	<b>Masters Swim (8 lanes)</b> 5:30pm - 6:30pm		
<b>Adult Lap Swim (8 lanes)</b> 6:30 pm - 8:30pm	<b>Adult Lap Swim (8 lanes)</b> 6:30 pm - 8:30pm	<b>Adult Lap Swim (8 lanes)</b> 6:30 pm - 8:30pm	<b>Adult Lap Swim (8 lanes)</b> 6:30 pm - 8:30pm	<b>Adult Lap Swim (8 lanes)</b> 6:30 pm - 8:30pm		
<b>Pool Closes</b> 8:30pm	<b>Pool Closes</b> 8:30pm	<b>Pool Closes</b> 8:30pm	<b>Pool Closes</b> 8:30pm	<b>Pool Closes</b> 7:30pm	<b>Pool Closes</b> 4:30pm	<b>Pool Closes</b> 4:30pm

**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.

**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:



ORMOND BEACH FAMILY YMCA

500 Sterthaus Drive, Ormond Beach, FL 32174  
P 386.673.9622 | F 386.673.8442 | vfymca.org