



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

Port Orange Schedule Effective: July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters (5 Long) 5:30am - 6:30am	Open Swim (8 Long) 5:00am - 6:30am	Masters (5 Long) 5:30am - 6:30am	Open Swim (8 Long) 5:00am - 6:30am	Masters (5 Long) 5:30am - 6:30am		
DBS (7 Long) 6:30am - 8:30am	DBS (7 Long) 6:30am - 8:30am	DBS (7 Long) 6:30am - 8:30am	DBS (7 Long) 6:30am - 8:30am	DBS (7 Long) 6:30am - 8:30am	Lap Swim (7 long) 7:00 - 8:00am	
Open swim (1 Long)	Open swim (1 Long)	Open swim (1 Long)	Open swim (1 Long)	Open swim (1 Long)		
Lane Change 8:30am - 9:00am	Lane Change 8:30am - 9:00am	Lane Change 8:30am - 9:00am	Lane Change 8:30am - 9:00am	Lane Change 8:30am - 9:00am	DBS (7 long) 8:00am - 10:00am	
Swim League (8 lanes) 9:00am - 9:45am	Water Aerobics (Shallow Water) 10:15am - 11:15am	Swim League (8 lanes) 9:00am - 9:45am	Water Aerobics (Shallow Water) 10:15am - 11:15am	Water Aerobics (Deep Water) 9:00am - 10:00am	Lane Change 10:00am - 10:30am	
Water Aerobics (Deep Water) 9:00am - 10:00am	Lap Swim (4 Lanes)	Water Aerobics (Deep Water) 9:00am - 10:00am	Lap Swim (4 Lanes)	Water Aerobics (Shallow Water) 10:15am-11:15am		
Water Aerobics (Shallow Water) 10:15am-11:15am		Water Aerobics (Shallow Water) 10:15am-11:15am				
Swim Lessons/ Lap Swim (8 Lanes) 11:30-1:30pm	Swim Lessons/ Lap Swim (8 Lanes) 11:30-1:30pm	Swim Lessons/ Lap Swim (8 Lanes) 11:30-1:30pm	Swim Lessons/ Lap Swim (8 Lanes) 11:30-1:30pm	Lap Swim (8 Lanes)	Water Aerobics 10:30am - 11:15am	
Camp Swim 12:00pm-2:15pm	Camp Swim 12:00pm-2:15pm	Camp Swim 12:00pm-2:15pm	Camp Swim 12:00pm-2:15pm	Camp Swim 12:00pm-2:15pm		
DBS (4 short) 3:30-5:30pm	DBS (4 short) 3:30-5:30pm	Swim Lesson 4:30-6:30pm	DBS (4 short) 3:30-5:30pm	Lap Swim 3:00pm - 7:30pm	Community Swim 12-4:30pm	Open Swim 12-4:30pm
Swim Lesson 4:30-6:30pm	Swim Lesson 4:30-6:30pm	Lap Swim (4 lanes)	Swim Lesson 4:30-6:30pm		Open Swim 11:30-4:30pm	
Lap Swim (4 lanes)	Lap Swim (4 lanes)		Lap Swim (4 lanes)			
	Swim League (8 lanes) 6:30pm - 7:15pm		Swim League (8 lanes) 6:30pm - 7:15pm		Pool Closes 4:30pm	Pool Closes 4:30pm
Masters (4 short) 6:15pm - 7:15pm		Masters (4 short) 6:15pm - 7:15pm	Masters (4 short) 6:15pm - 7:15pm			
Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 7:30pm		

*** On July 7th & 21st only half of the pool will be open until 1pm ***

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.

Color Code Key:

Basic
 Plus
 Premium
 Paid Program

PORT ORANGE FAMILY YMCA

4701 Center City Parkway, Port Orange, FL 32129
P 386.760.9622 | F 386.788.7579 | vfyymca.org