



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

Four Townes Schedule: Effective October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim/ Open Swim (3 Lanes) 7:00am - 11:00am	Lap Swim/ Open Swim (3 Lanes) 7:00am - 11:00am	Lap Swim/ Open Swim (3 Lanes) 7:00am - 11:00am	Lap Swim/ Open Swim (3 Lanes) 7:00am - 11:00am	Lap Swim/ Open Swim (3 Lanes) 7:00am - 11:00am		
Water Aerobics (Shallow Water) 8:00am - 9:00am		Water Aerobics (Shallow Water) 8:00am - 9:00am		Water Aerobics (Shallow Water) 8:00am - 9:00am		
					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		Lap Swim/ Open Swim (3 Lanes) 9:00am - 4:30pm	
Pool Closed (11:00am-3:15pm)	Pool Closed (11:00am-3:15pm)	Pool Closed (11:00am-3:15pm)	Pool Closed (11:00am-3:15pm)	Pool Closed (11:00am-3:15pm)		
University High School Swim Team (3:15pm-5:30 pm) 1 Lap Lane 3:15pm - 5:30pm	University High School Swim Team (3:15pm-5:30 pm) 1 Lap Lane 3:15pm - 5:30pm	University High School Swim Team (3:15pm-5:30 pm) 1 Lap Lane 3:15pm - 5:30pm	University High School Swim Team (3:15pm-5:30 pm) 1 Lap Lane 3:15pm - 5:30pm	University High School Swim Team (3:15pm-5:30 pm) 1 Lap Lane 3:15pm - 5:30pm	\$3 Community Swim 12:00pm - 4:30pm	Lap Swim/ Open Swim (3 Lanes) 1:00pm - 4:30pm
Lap Swim/ Open Swim (3 Lanes) 5:30pm - 8:30pm	Lap Swim/ Open Swim (3 Lanes) 5:30pm - 8:30pm	Lap Swim/ Open Swim (3 Lanes) 5:30pm - 7:00pm	Lap Swim/ Open Swim (3 Lanes) 5:30pm - 8:30pm	Lap Swim/ Open Swim (3 Lanes) 5:30pm - 7:30pm	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.

Pool closed for UHS Swim meets Thursday Oct 4th and Wednesday October 10th 3:15pm-8:30pm

Color Code Key:

Basic
 Plus
 Premium
 Paid Program

FOUR TOWNES FAMILY YMCA

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