



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULES

Port Orange Schedule Effective: November 2018

Monday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Masters (8 Lanes)</b> 5:00am - 6:15am	<b>Masters (8 Lanes)</b> 5:00am - 6:15am	<b>Masters (8 Lanes)</b> 5:00am - 6:15am	<b>Lap swim/Open Swim</b> 5:00am - 10:15am	<b>Masters (8 Lanes)</b> 5:00am - 6:15am	<b>Lap Swim/Open Swim All Day</b>
<b>Water Aerobics (Deep Water)</b> 9:00am - 9:45am	<b>Water Aerobics (Shallow Water)</b> 10:15am - 11:00am	<b>Water Aerobics (Deep Water)</b> 9:00am - 9:45am	<b>Water Aerobics (Shallow Water)</b> 10:15am - 11:00am	<b>Water Aerobics (Deep Water)</b> 9:00am - 9:45am	<b>Hydro 4 (8 short)</b> 8:00am - 10:00am <b>Water Aerobics</b> 10:30am - 11:15am
<b>Water Aerobics (Shallow Water)</b> 10:15-11:00am  Lap Swim	<b>Lap Swim</b>	<b>Water Aerobics (Shallow Water)</b> 10:15-11:00am  Lap Swim 9:00-11:00	<b>Lap Swim 10:15-11:00</b>	<b>Water Aerobics (Shallow Water)</b> 10:15-11:00am  Lap Swim 9:00-11:00	
<b>Lap Swim/Open Swim</b> 11:00-4:30pm	<b>Lap Swim/Open Swim</b> 11:00-4:30pm	<b>Lap Swim/Open Swim</b> 11:00-4:30pm	<b>Lap Swim/Open Swim</b> 11:00-4:30pm	<b>Lap Swim/Open Swim</b> 11:00-4:30pm	<b>Lap Swim/Open Swim</b>
<b>Hydro 4 (7 Lanes)</b> 3:30-4:30pm  Lap Swim	<b>Hydro 4 (7 Lanes)</b> 2:30-3:30pm  Lap Swim	<b>Hydro 4 (7 Lanes)</b> 2:30-3:30pm  Lap Swim	<b>Hydro 4 (7 Lanes)</b> 3:30-4:30pm  Lap Swim	<b>Hydro 4 (7 Lanes)</b> 3:30-4:30pm  Lap Swim	<b>Community Swim</b> 12-4:30pm
<b>Hydro 4 (15 Lanes)</b> 4:45-5:30pm <b>Hydro 4 (8 Lanes)</b> 5:30-6:00pm <b>Lap Swim (2 lanes)</b>	<b>Hydro 4 (15 Lanes)</b> 4:45-5:30pm <b>Hydro 4 (8 Lanes)</b> 5:30-6:00pm <b>Lap Swim (2 lanes)</b>	<b>Hydro 4 (15 Lanes)</b> 4:45-5:30pm <b>Hydro 4 (8 Lanes)</b> 5:30-6:00pm <b>Lap Swim (2 lanes)</b>	<b>Hydro 4 (15 Lanes)</b> 4:45-5:30pm <b>Hydro 4 (8 Lanes)</b> 5:30-6:00pm <b>Lap Swim (2 lanes)</b>	<b>Hydro 4 (15 Lanes)</b> 4:45-5:30pm <b>Hydro 4 (8 Lanes)</b> 5:30-6:00pm <b>Lap Swim (2 lanes)</b>	<b>Lap Swim/Open Swim</b> 12-4:30pm
	<b>Water Polo 6:30-8:00 Swim League</b> 6:30-7:30pm		<b>Water Polo 6:30-8:00 Swim League</b> 6:30-7:30pm		
<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

**Lap Lanes available all day, limited availability from 3:30-6:00.**

**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:



PORT ORANGE FAMILY YMCA

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