



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

DeLand Indoor Pool Schedule Effective:
January-March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (6 Lap Lane) 5:30am – 7:45am	Lap Swim (6 Lap Lane) 5:30am – 8:45am	Lap Swim (6 Lap Lane) 5:30am – 7:45am	Lap Swim (6 Lap Lane) 5:30am – 8:45am	Lap Swim (6 Lap Lane) 5:30am – 7:45am		
Water Exercise 8:00am – 9:00am	Water Exercise 9:00am – 10:00am	Water Exercise 8:00am – 9:00am	Water Exercise 9:00am – 10:00am	Water Exercise 8:00am – 9:00am	Lap Swim (4 Lanes) 8:00am – 8:45am	
Deep Water Aerobics 9:00am-10:00am		Deep Water Aerobics 9:00am-10:00am		Deep Water Aerobics 9:00am-10:00am		
Water Exercise 10:00am-11:00am		Water Exercise 10:00am-11:00am		Water Exercise 10:00am-11:00am	Swim Lessons 9:00am-11:00am	
½ Lap Swim/ ½ Family Swim 11:15am – 4:15pm	½ Lap Swim/ ½ Family Swim 10:15am – 3:15pm	½ Lap Swim/ ½ Family Swim 11:15am – 4:15pm	½ Lap Swim/ ½ Family Swim 10:15am – 3:15pm	½ Lap Swim/ ½ Family Swim 11:15am – 4:15pm	½ Lap Swim/ ½ Family Swim 11:15am-4:30pm	½ Lap Swim/ ½ Family Swim 1:00pm – 4:30pm
	½ Swim Lessons 3:30pm-5:00pm ½ Lap Swim		½ Swim Lessons 3:30pm-5:00pm ½ Lap Swim			
	3 Lanes Killer Whales 1 Lane Lap Swim 5:15pm-6:15pm		3 Lanes Killer Whales 1 Lane Lap Swim 5:15pm-6:15pm			
½ Swim Lessons ½ Killer Whales 4:30pm-7:00pm	Swim League 6:30-7:15pm	½ Swim Lessons ½ Killer Whales 4:30pm-7:00pm	Swim League 6:30-7:15pm	½ Swim Lessons ½ Killer Whales 4:30pm-7:00pm	Pool Closes 4:30pm	Pool Closes 4:30pm
½ Lap Swim/ ½ Family Swim 7:15pm – 8:30pm	½ Lap Swim/ ½ Family Swim 7:15pm – 8:30pm	½ Lap Swim/ ½ Family Swim 7:15pm – 8:30pm	½ Lap Swim/ ½ Family Swim 7:15pm – 8:30pm			
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.

Color Code Key:



DELAND FAMILY YMCA

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