



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

Port Orange Schedule March-May

Monday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters (8 Lanes) 5:00am - 6:15am Lap/Open Swim 5:00am-10:00am	Lap swim/Open Swim 5:00am - 10:15am	Masters (8 Lanes) 5:00am - 6:15am Lap/Open Swim 5:00am-10:00am	Lap swim/Open Swim 5:00am - 10:15am	Masters (8 Lanes) 5:00am - 6:15am Lap/Open Swim 5:00am-10:00am	Lap Swim/Open Swim 7:00am-8:00am
Water Aerobics (Deep Water) 9:15am -10:00am	Water Aerobics (Shallow Water) 10:15am - 11:00am	Water Aerobics (Deep Water) 9:15am -10:00am	Water Aerobics (Shallow Water) 10:15am - 11:00am	Water Aerobics (Deep Water) 9:15am -10:00am	Hydro 4 (6 Long) 8:00am -10:00am
Water Aerobics (Shallow Water) 10:15-11:00am		Water Aerobics (Shallow Water) 10:15-11:00am		Water Aerobics (Shallow Water) 10:15-11:00am	Water Aerobics 10:30am - 11:15am
Swim Lessons 11:30 and 12:00	Swim Lessons 11:30 and 12:00	Swim Lessons 11:30 and 12:00	Swim Lessons 11:30 and 12:00		
Lap Swim/Open Swim 11:00-3:00pm	Lap Swim/Open Swim 11:00-3:00pm	Lap Swim/Open Swim 11:00-2:30pm	Lap Swim/Open Swim 11:00-3:00pm	Lap Swim/Open Swim 11:00-3:00pm	Lap Swim/Open Swim 11:15am-4:30pm
Lane Change 3:00-3:30pm	Lane Change 3:00-3:30pm		Lane Change 3:00-3:30pm	Lane Change 3:00-3:30pm	
Hydro 4 (7 Long Lanes) 3:30-5:30pm	Hydro 4 (7 Long Lanes) 3:30-5:30pm	Hydro 4 (15 short) 2:30-5:30pm	Hydro 4 (7 Long Lanes) 3:30-5:30pm	Hydro 4 (7 Long Lanes) 3:30-5:30pm	Community Swim 12-4:30pm
Hydro 4 (4 Long Lanes) 5:30-600pm	Hydro 4 (4 Long Lanes) 5:30-600pm	Hydro 4 (8 Short Lanes) 5:30-600pm	Hydro 4 (4 Long Lanes) 5:30-600pm	Hydro 4 (4 Long Lanes) 5:30-600pm	
Swim Lessons 5:00-6:30pm	Swim Lessons 5:00-6:30pm	Swim Lessons 5:00-6:30pm	Swim Lessons 5:00-6:30pm	Lap Swim/Open Swim 6:00-7:30pm	
Lane Change 6:00-6:30	Lane Change 6:00-6:30		Lane Change 6:00-6:30		
	Water Polo 6:30-8:00		Water Polo 6:30-8:00 Swim League 6:30-7:30pm		
Master Swim (4 short Lanes) 6:30-7:30pm	Swim League 6:30-7:15pm	Master Swim (4 short Lanes) 6:30-7:30pm	Swim League 6:30-7:15pm Master Swim (4 short Lanes) 6:30-7:30pm		
Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 7:30pm	Pool Closes 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. 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. 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

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