



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

Deland Outdoor Schedule Effective: April 27-June 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---------------------------------------|---------------------------------------|
| Open Swim (3 lanes) 9:00am-8:30pm | Open Swim (3 lanes) 9:00am-8:30pm | Open Swim (3 lanes) 9:00am-8:30pm | Open Swim (3 lanes) 9:00am-8:30pm | Open Swim (3 lanes) 9:00am-8:30pm | | |
| Lap Swim (3 lanes) 9:00am-4:30pm | Lap Swim (3 lanes) 9:00am-3:45pm | Lap Swim (3 lanes) 9:00am-4:30pm | Lap Swim (3 lanes) 9:00am-3:45pm | Lap Swim (3 lanes) 9:00am-4:30pm | Open/Lap Swim 8:00am-4:30pm | Open/Lap Swim 1:00pm-4:30pm |
| Killer Whales (4 lanes) 4:00pm-6:00pm | Killer Whales (3 lanes) 3:45pm-5:45pm | Killer Whales (4 lanes) 4:00pm-6:00pm | Killer Whales (3 lanes) 3:45pm-5:45pm | Killer Whales (3 lanes) 4:30pm-6:30pm | | |
| | Y Swim League (3 lanes) 6:30pm-7:30pm | | Y Swim League (3 lanes) 6:30pm-7:30pm | | | |
| Lap Swim (2 lanes) 6:30pm-8:30pm | Lap Swim (2 lanes) 6:00pm-8:30pm | Lap Swim (2 lanes) 6:30pm-8:30pm | Lap Swim (2 lanes) 6:00pm-8:30pm | Lap Swim (2 lanes) 6:30pm-8:30pm | | |
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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

DELAND FAMILY YMCA

761 E. International Speedway Blvd., DeLand, FL 32724
P 386.736.6000 | F 386.736.9622 | vfyymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

Deland Indoor Schedule Effective: April 27-June 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|--|
| Lap Swim (2 lanes) 5:30am-7:45am | Lap Swim (2 lanes) 5:30am-7:45am | Lap Swim (2 lanes) 5:30am-7:45am | Lap Swim (2 lanes) 5:30am-7:45am | Lap Swim (2 lanes) 5:30am-7:45am | | |
| Open Swim (2 lanes) 5:30am-7:45am | Open Swim (2 lanes) 5:30am-8:45am | Open Swim (2 lanes) 5:30am-7:45am | Open Swim (2 lanes) 5:30am-8:45am | Open Swim (2 lanes) 5:30am-7:45am | | |
| Water Exercise 8:00am-9:00am | | Water Exercise 8:00am-9:00am | | Water Exercise 8:00am-9:00am | Lap Swim (4 lanes) 8:00am-8:45am | Lap Swim/Open Swim 1:00pm-4:30pm |
| Deep Water Exercise 9:00am-10:00am | Water Exercise 9:00am-10:00am | Deep Water Exercise 9:00am-10:00am | Water Exercise 9:00am-10:00am | Deep Water Exercise 9:00am-10:00am | Swim Lessons (2 lanes) 9:00am-11:00am | |
| Water Exercise 8:00am-9:00am | | Water Exercise 8:00am-9:00am | | Water Exercise 8:00am-9:00am | Lap Swim (2 lanes) 11:00am-4:45pm | |
| Open Swim (2 lanes) 11:15am-3:30pm | Open Swim (2 lanes) 10:15am-3:30pm | Open Swim (2 lanes) 11:15am-3:30pm | Open Swim (2 lanes) 10:15am-3:30pm | Open Swim (2 lanes) 11:15am-3:30pm | Open Swim (2 lanes) 11:00am-4:45pm | |
| Lap Swim (2 lanes) 11:15am-7:30pm | | Lap Swim (2 lanes) 11:15am-7:30pm | | Lap Swim (2 lanes) 11:15am-7:30pm | | |
| Swim Lessons (2 lanes) 4:30pm-7:30pm | Swim Lessons (2 lanes) 3:30pm-6:00pm | Swim Lessons (2 lanes) 4:30pm-7:30pm | Swim Lessons (2 lanes) 3:30pm-6:00pm | | | |

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