



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

Deland Indoor Schedule Effective: June 15-July 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Closed
Water Exercise (All Lanes) 8:00am-10:00am	Water Exercise (All Lanes) 8:00am-10:00am	Water Exercise (All Lanes) 8:00am-11:00am	Water Exercise (All Lanes) 9:00am-10:00am	Water Exercise (All Lanes) 8:00am-10:00am	Swim Lessons (1 lane) 8:00am-9:30am	
Swim League 10:00am-11:00am		Swim League 10:00-11:00 am				
Camp Swim 1:00-3:00pm	Camp Swim 1:00-3:00 pm	Camp Swim 1:00-3:00pm	Camp Swim 1:00-3:00pm	Camp Swim 1:00-3:00 pm		
Swim Lessons 2 lanes 5:00-6:30pm	Swim Lessons 2 lanes 5:00-6:30pm	Swim Lessons 2 lanes 5:00-6:30pm	Swim Lessons 2 lanes 5:00-6:30pm			
	Swim League 2 Lanes 6:00pm-7:00pm		Y Swim League (3 lanes) 6:30pm-7:15pm			
Lap Swim 2 lanes 5:00-7:00pm	Lap Swim 2 Lanes 5:00-7:00	Lap Swim 2 Lanes 5:00-7:00	Lap Swim 2 Lanes 5:00-7:00			
Pool Closes 7:00 pm	Pool Closes 7:00 pm	Pool Closes 7:00 pm	Pool Closes 7:00 pm	Pool Closes 7:00 pm	Pool Closes 9:30 am	

Schedule is Subject to Change: Multiple activities are often scheduled in this pool at the same time.

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.

Color Code Key

Speed: Please choose a lane with swimmers that most nearly match your speed.
 Basic
 Plus
 Premium
 Paid Program

DELAND FAMILY YMCA

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