



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULES

Southeast Volusia Schedule Effective: April 24<sup>th</sup> – June 6<sup>th</sup>

**\*\*AQUA ZUMBA & WATER AEROBICS STARTS ON MAY 3<sup>RD</sup>\*\***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (4 Lap Lanes) 7:00am – 8:50am	Lap Swim (4 Lap Lanes) 7:00am – 8:50am	Lap Swim (4 Lap Lanes) 7:00am – 8:50am	Lap Swim (4 Lap Lanes) 7:00am – 8:50am	Lap Swim (4 Lap Lanes) 7:00am – 8:50am		
Aqua Zumba (with Sara) 9:00am – 9:45am	Water Aerobics (with Annie) 9:00am – 9:45am	Water Aerobics (with Gabby) 9:00am – 9:45am	Water Aerobics (with Rebecca) 9:00am – 9:45am	Water Aerobics (with Rebecca) 9:00am – 9:45am	Lap Swim (4 Lap Lanes) 8:00am – 12:45am	<b>POOL</b>
Lap Swim (4 Lap Lanes) 10:00am – 11:30am	Lap Swim (4 Lap Lanes) 10:00am – 11:30am	Lap Swim (4 Lap Lanes) 10:00am – 11:30am	Lap Swim (4 Lap Lanes) 10:00am – 11:30am	Lap Swim (4 Lap Lanes) 10:00am – 11:30am	Water Features on 10:00am-1:00pm	<b>CLOSED</b>
	Group Swim Lessons 10:15am-11:20am		Group Swim Lessons 10:15am-11:20am		Pool Closes 1:00pm	
<b>CLOSED</b> 11:30am-4:00pm	<b>CLOSED</b> 11:30am-4:00pm	<b>CLOSED</b> 11:30am-4:00pm	<b>CLOSED</b> 11:30am-4:00pm	<b>CLOSED</b> 11:30am-4:00pm		
Lap Swim (4 Lap Lanes) 4:00pm – 6:45pm	Lap Swim (2 Lap Lanes) 4:00pm – 6:45pm	Lap Swim (4 Lap Lanes) 4:00pm – 6:45pm	Lap Swim (2 Lap Lanes) 4:00pm – 6:45pm	Lap Swim (4 Lap Lanes) 3:00pm – 5:45pm		
Water Features on 4:00pm-6:45pm	Water Features on 4:00pm-6:45pm	Water Features on 4:00pm-6:45pm	Water Features on 4:00pm-6:45pm	Water Features on 3:00pm-5:45pm		
	Group Swim Lessons 4:15pm-5:55pm		Group Swim Lessons 4:15pm-5:55pm			
	Y Swim League (2 Lap Lanes) 6:00pm-6:45pm		Y Swim League (2 Lap Lanes) 6:00pm-6:45pm			
Pool Closes 7:00pm	Pool Closes 7:00pm	Pool Closes 7:00pm	Pool Closes 7:00pm	Pool Closes 6:00pm		

**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.

SOUTHEAST VOLUSIA FAMILY YMCA

148 West Turgot Avenue, Edgewater, FL 32132  
P 386.409.9622 | F 386.428.8033 | vfyymca.org