



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

NOVEMBER 1, 2014 – APRIL 25, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-7:45 Adult Lap	5:30am-8:15 Adult Lap (2-4 lanes)	5:30am-7:45 Adult Lap	5:30am-8:15 Adult Lap (2-4 Lanes)	5:30am-7:45 Adult Lap		
8:00am-9:00 Aqua Fitness	6:00-7:00 Master Swim (2 Lanes)	8:00am-9:00 Aqua Fitness	6:00-7:00 Master Swim (2 Lanes)	8:00am-9:00 Aqua Fitness	8:00am-10:15 Adult Lap Swim	
9:00-10:00 Aqua Fitness Deep Water	8:30-9:30 Aqua Fitness	9:00-10:00 Aqua Fitness Deep Water	8:30-9:30 Aqua Fitness	9:00-10:00 Aqua Fitness Deep Water	10:30-11:30 Arthritis Class	
10:00-11:00 Aqua Fitness	9:30-10:30 Arthritis Class	10:00-11:00 Aqua Fitness	9:30-10:30 Arthritis Class	10:00-11:00 Aqua Fitness	11:45-4:30 Family Swim (1 AL Lane)	
11:00-12:00 Aqua Fitness	10:30-11:30 Arthritis Class	11:00-12:00 Aqua Fitness	10:30-11:30 Arthritis Class	11:00-12:00 Aqua Fitness		
12:15-3:15 Adult Lap	11:45-3:15 Adult Lap Swim	12:15-3:15 Adult Lap	11:45-3:15 Adult Lap Swim	12:15-3:15 Adult Lap		1:00pm-4:30 Family Swim (1 AL Lane)
3:30-6:00 Killer Whales	3:30-5:30 Killer Whales	3:30-6:00 Killer Whales	3:30-5:30 Killer Whales	3:30-6:00 Killer Whales		
6:00-7:00 YMCA Swim Lessons	5:30-6:15 YMCA Mini-Marlins	6:00-7:00 YMCA Swim Lessons	5:30-6:15 YMCA Mini-Marlins	6:00-7:00 YMCA Swim Lessons		
7:00-8:30 ½ Family Swim ½ Adult Lap	6:15-7:15 YMCA Swim League	7:00-8:30 ½ Family Swim ½ Adult Lap	6:15-7:15 YMCA Swim League			
	7:15-8:30 Adult Lap Swim		7:15-8:30 Adult Lap Swim			

All highlighted areas require a registration fee. Please see Membership Services for more information.

Schedule is subject to change

Multiple activities are often scheduled in this pool at the same time. Please see the Lifeguards or Membership Services for any scheduling changes.

On the days there are no YMCA Swim Lessons, ½ Family Swim and ½ Adult Lap are available. Please call Membership Services for more details.



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OUTDOOR POOL SCHEDULE

OCTOBER 1 - OCTOBER 31

[illegible]

All highlighted areas require a registration fee. Please see Membership Services for more information.

Schedule is subject to change

Multiple activities are often scheduled in this pool at the same time. Please see the Lifeguards or Membership Services for any scheduling changes.

The Outdoor Pool will be closing on October 31st. Beginning on November 1st, all Aquatics Programs will take place in the Indoor Pool.

Revised September 29, 2014

VOLUSIA FLAGLER FAMILY YMCA
DeLand Family YMCA

VFYMCA.org