



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL AQUATICS SCHEDULE

Frank DeLuca YMCA Family Center

Schedule effective August 18, 2014

Open/Family Swim Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM-3:30PM (Rec Area & Lane 6)	5:00AM-3:30PM (Rec Area & Lane 6)	5:00AM-3:30PM (Rec Area & Lane 6)	5:00AM-3:30PM (Rec Area & Lane 6)	5:00AM-3:30PM (Rec Area & Lane 6)	7:00AM-8:30AM (Rec Area & Lane 6)	12:00PM-4:30PM (Rec Area & Lane & 6)
3:30PM-6:00PM (Rec Area Only)	3:30PM-6:00PM (Rec Area Only)	3:30PM-6:00PM (Rec Area Only)	3:30PM-6:00PM (Rec Area Only)	3:30PM-6:00PM (Rec Area Only)	8:30AM-10:30AM (Rec Area Only)	
6:00pm-8:00pm (Rec Area & Lane 6)	6:00pm-8:00pm (Rec Area & Lane 6)	6:00pm-8:00pm (Rec Area & Lane 6)	6:00pm-8:00pm (Rec Area & Lane 6)	6:00pm-8:00pm (Rec Area & Lane 6)	10:30AM-4:30pm Rec Area & Lanes 1,2 & 6	

Lap Swim Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-7:00am (Masters)	5:00am-10:15am (Lanes 1-5)	5:00am-7:00am (Masters)	5:00am-10:15am (Lanes 1-5)	5:00am-7:00am (Masters)	7:00AM-8:30AM (Lanes 1-5)	12:00PM-4:30PM (Lanes 3-5)
7:00am-10:15am (Lanes 1-5)		7:00am-10:15am (Lanes 1-5)		7:00am-10:15am (Lanes 1-5)	8:30am-10:30am (Lane 6)	
10:15AM-11:30AM (Lane 5)	10:15AM-11:30AM (Lane 5)	10:15AM-11:30AM (Lane 5)	10:15AM-11:30AM (Lane 5)	10:15AM-11:30AM (Lane 5)	10:30AM-4:30PM (Lanes 3-5)	
11:30AM-1:00PM (Lanes 1-5)	11:30AM-1:00PM (Lanes 1-5)	11:30AM-1:00PM (Lanes 1-5)	11:30AM-1:00PM (Lanes 1-5)	11:30AM-1:00PM (Lanes 1-5)		
1:00pm-3:30pm (Lanes 3,4 & 5)	1:00pm-3:30pm (Lanes 3,4 & 5)	1:00pm-3:30pm (Lanes 3,4 & 5)	1:00pm-3:30pm (Lanes 3,4 & 5)	1:00pm-3:30pm (Lanes 3,4 & 5)		
3:30pm-6:00pm (Lane 6)	3:30pm-6:00pm (Lane 6)	3:30pm-6:00pm (Lane 6)	3:30pm-4:15pm (Lane 4,5 & 6)	3:30pm-6:00pm (Lane 6)		
6:00pm-8:00pm (Lanes 1-5)	6:00pm-7:00pm (Coached Lap Swim)	6:00pm-8:00pm (Lanes 1-5)	4:15pm-6:00pm (Lanes 1-5)	6:00pm-8:00pm (Lanes 1-5)		
	7:00pm-8:00pm (Lanes 1-5)		6:00pm-7:00pm (Coached Lap Swim)			
			7:00pm-8:00pm (Lanes 1-5)			

Water Fitness Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30AM-11:30AM (Lanes 1-4)	10:30AM-11:30AM (Lanes 1-4)	10:30AM-11:30AM (Lanes 1-4)	10:30AM-11:30AM (Lanes 1-4)	10:30AM-11:30AM (Lanes 1-4)	No Class	No Class

Swim Team Practice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30pm-6:00pm (Lanes 1-5)	3:30pm-6:00pm (Lanes 1-5)	3:30pm-6:00pm (Lanes 1-5)	3:30pm-4:15pm (Lanes 1-3)	3:30pm-6:00pm (Lanes 1-5)	8:30am-10:30am (Lanes 1-5)	No Practice

Coached Lap Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Class	6:00pm-7:00pm (Lanes 3,4 & 5)	No Class	6:00pm-7:00pm (Lanes 3,4 & 5)	No Class	No Class	No Class

Masters Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-7:00am (Lanes 1-4)	No Practice	5:00am-7:00am (Lanes 1-4)	No Practice	5:00am-7:00am (Lanes 1-4)	No Practice	No Practice