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# THE AQUATIC LIFE AT THE Y

## Suntree YMCA Family Center

6300 N. Wickham Rd.  
Melbourne, FL 32940  
321-259-2929

### LAP SWIM

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All lanes available, every day during normal business hours.

M/Tu/Th @ 5:15pm-7:30pm, 2 lanes reserved for our YCF Swim Team

### FAMILY SWIM

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M/W/F @ 5:30am-9:00am / 10:00am-12:00pm / 3:00pm-8:15pm

Tu/Th @ 5:30am-12:00pm / 2:00pm-8:15pm

Fri @ 5:30am-9:00am / 10:00am-12:00pm / 3:00pm-7:45pm

Sat @ 8:00am-9:00am / 10:00am-2:45pm

Sun @ 10:00am-1:45pm

### SWIM TEAM

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Placement Sessions (for new YCF swimmers) – Every Monday @ 4:45pm

Age Group Recreational – M/Tu/Th @ 5:15-6:00pm

Age Group Competitive – M/Tu/Th @ 6:00-7:30pm

### AQUATIC FITNESS

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M/W/F/Sat @ 9:00am

M/W/F @ 2:00pm (Arthritis Class)