

THE AQUATIC LIFE AT THE OVIEDO Y

SPRING 2018

Your safety is important to us. The pool will be closed during the time frames that the lifeguard is on a break.

Pool Maximum Capacity: 35 people

LAP SWIM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-11:30AM 11:40AM-3:20PM 3:30PM-5:30pm	5:00AM-6:50AM 7:00AM-7:20AM 8:35AM-10:10AM 12:35PM-3:30PM 3:40PM-6:25PM 7:40PM-9:30PM	5:00AM-6:50AM 7:00AM-7:20AM 8:35AM-10:10AM 12:35PM-3:30PM 3:40PM-6:25PM 7:40PM-9:30PM	5:00AM-6:50AM 7:00AM-7:20AM 8:35AM-10:10AM 12:35PM-3:30PM 3:40PM-6:25PM 7:40PM-9:30PM	5:00AM-6:50AM 7:00AM-7:20AM 8:35AM-10:10AM 12:35PM-3:30PM 3:40PM-6:25PM 7:40PM-9:30PM	5:00AM-6:50AM 7:00AM-7:20AM 8:35AM-10:10AM 12:35PM-3:30PM 3:40PM-7:30PM 7:40PM-8:30PM	7:00AM-9:30AM 9:40AM-11:30AM 11:40AM-1:30PM 1:40PM-3:30PM 3:40PM-5:30PM

Lap Swimmers: Monday-Friday 4:30pm-6:30pm, Saturday 10:30am-1:30pm and Sunday 2:00pm-5:30pm there will be limited space for lap swimming due to swim lessons being conducted. **Lap swimmers may be asked to share a lane or circle swim during this time.**

REC SWIM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-11:30AM 11:40AM-3:20PM 3:30PM-5:30pm	8:35AM-10:10AM 12:35PM-3:30PM 3:40PM-6:25PM 7:40PM-9:30PM	8:35AM-10:10AM 12:35PM-3:00PM 3:10PM-6:25PM 7:40PM-9:30PM	8:35AM-10:10AM 12:35PM-3:30PM 3:40PM-6:25PM 7:40PM-9:30PM	8:35AM-10:10AM 12:35PM-3:00PM 3:10PM-6:25PM 7:40PM-9:30PM	8:35AM-10:10AM 12:35PM-3:30PM 3:40PM-7:30PM 7:40PM-8:30PM	7:00AM-9:30AM 9:40AM-11:30AM 11:40AM-1:30PM 1:40PM-3:30PM 3:40PM-5:30PM

Reminder: No Lap or Rec swim while Aquatic Fitness or Swim Team practice is in session.

SWIM TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N/A	N/A	6:30PM-7:30PM	6:30PM-7:30PM	6:30PM-7:30PM	N/A	N/A

AQUATIC FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N/A	7:30AM-8:30AM 10:15AM-11:15 AM 11:30AM-12:30PM 6:30PM-7:30PM	7:30AM-8:30AM 10:15AM-11:15AM 11:30 AM-12:30PM	7:30AM-8:30AM 10:15AM-11:15 AM 11:30AM-12:30PM	7:30AM-8:30AM 10:15AM-11:15AM 11:30AM-12:30PM	7:30AM-8:30AM 10:15AM-11:15 AM 11:30AM-12:30PM	N/A

VISIT US AT YMCACENTRALFLORIDA.COM

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