



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE AQUATIC LIFE AT THE OVIEDO Y

January 2019

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-1:00PM 1:00PM-5:30PM*	5:00AM-7:15AM 8:35AM-10:00AM 12:35PM-4:00PM 4:00PM-6:30PM* 6:30PM-9:30PM	5:00AM-7:15AM 8:35AM-10:00AM 12:35PM-4:00PM 4:00PM-6:30PM* 7:35PM-9:30PM	5:00AM-7:15AM 8:35AM-10:00AM 12:35PM-4:00PM 4:00PM-6:30PM* 7:35PM-9:30PM	5:00AM-7:15AM 8:35AM-10:30AM 12:35PM-4:00PM 4:00PM-6:30PM* 7:35PM-9:30PM	5:00AM-7:15AM 8:35AM-10:30AM 12:35PM-8:00PM	7:00AM-8:45AM 10:05AM-1:15PM* 1:15AM-5:30PM

***LAP SWIMMERS:** Monday-Thursday 4:00pm-6:30, Saturday 10:00am-1:15pm and Sunday 1:00pm-4:45pm 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 these times. There is also no Lap Swim January 25th (the last Friday of every month) from 7:30pm-8:30pm for Parents Night Out.

REC SWIM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-5:30PM	8:35AM-10:00AM 12:35PM-9:30PM	8:35AM-10:30AM 12:35PM-6:30PM 7:35PM-9:30PM	8:35AM-10:00AM 12:35PM-6:30PM 7:35PM-9:30PM	8:35AM-10:30AM 12:35PM-6:30M 7:35PM-9:30PM	8:35AM-10:00AM 12:35PM-8:30PM	7:00AM-8:45AM 10:05AM-5:30PM

Reminder: No lap or rec swim during aquatic fitness or swim team practices.

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

Swim team tryouts are held on the 3rd Wednesday of every month at 6:30pm

AQUATIC FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N/A	7:30AM-8:30AM 10:15AM-11:15AM 11:30AM-12:30PM 7:00PM-8:00PM	7:30AM-8:30AM 10:45AM-11:45AM	7:30AM-8:30AM 10:15AM-11:15AM 11:30AM-12:30PM	7:30AM-8:30AM 10:45AM-11:45AM	7:30AM-8:30AM 10:15AM-11:15AM 11:30AM-12:30PM	9:00AM-10:00AM

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