



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE AQUATIC LIFE AT THE OVIEDO Y

June 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-4:30PM*	5:00AM-7:00AM 8:35AM-10:00AM 12:35PM-4:00PM 4:00PM-8:00PM* 8:00PM-9:00PM	5:00AM-7:00AM 8:35AM-10:00AM 11:20PM-4:00PM 4:00PM-7:00PM* 8:00PM-9:00PM	5:00AM-7:00AM 8:35AM-10:00AM 12:35PM-4:00PM 4:00PM-7:00PM* 8:00PM-9:00PM	5:00AM-7:00AM 8:35AM-10:00AM 11:20PM-4:00PM 4:00PM-7:00PM* 8:00PM-9:00PM	5:00AM-7:00AM 8:35AM-10:00AM 12:35PM-8:30PM	7:00AM-8:45AM 10:05AM-1:15PM* 1:15PM-4:30PM

***LAP SWIMMERS:** Monday-Thursday 4:00PM-7:00PM, Saturday 10:00AM-1:15PM and Sunday 1:00PM-4:30PM there will be limited space (one lane open) for lap swimming due to swim lessons being conducted. Lap swimmers will be asked to share a lane or circle swim during these times. There is also limited Lap Swim June 28th from 7:30PM-8:30PM for Parents Night Out.

REC SWIM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-4:30PM	8:35AM-10:00AM 12:35PM-4:00PM 4:00PM-6:30PM* 6:30PM-9:00PM	8:35AM-10:00AM 11:20AM-4:00PM 4:00PM-7:00PM* 8:00PM-9:00PM	8:35AM-10:00AM 12:35PM-4:00PM 4:00PM-6:30PM* 8:00PM-9:00PM	8:35AM-10:00AM 11:20AM-4:00PM 4:00PM-7:00PM* 8:00PM-9:00PM	8:35AM-10:00AM 12:35PM-8:30PM	7:00AM-8:45AM 10:05AM-4:30PM

***REC SWIMMERS:** Monday & Wednesday 4:00PM-6:30PM, Tuesday & Thursday 4:00PM-7:00PM there will may be limited space for rec swimming due to swim lessons being conducted.

SWIM TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N/A	N/A	7:00PM-8:00PM	7:00PM-8:00PM	7:00PM-8:00PM	N/A	N/A

Swim team tryouts are held on the 3rd Wednesday of every month at 6:30pm
There is no Lap or Rec swimming during Swim Team Times

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	7:00AM-8:00AM 10:15AM-11:15AM 10:15 starts 6/11 10:45 till then	7:30AM-8:30AM 10:15AM-11:15AM 11:30AM-12:30PM	7:30AM-8:30AM 10:15AM-11:15AM 10:15 starts 6/11 10:45 till then	7:30AM-8:30AM 10:15AM-11:15AM 11:30AM-12:30PM	9:00AM-10:00AM

VISIT US AT YMCACENTRALFLORIDA.COM