

Avalon Park YMCA Programs

Aquatics

The Avalon Park YMCA will offer Youth Swim Lessons & Water Fitness classes seasonally in the pools of the Avalon Park Subdivision. Registration for Summer Swim Lessons begins April 14th.

Summer Swim Lesson Sessions

Session 1: May 21 – 31 Session 2: June 4 – June 14 Session 3: June 18 – June 28

Session 4: July 9 – July 19 Session 5: July 23 – August 2 Session 6: August 6 – August 16

Safe Start

Safe Start will be offered seasonally in the pools of Avalon Park. Contact the YMCA Safe Start office at 407-644-3606 to register or for more information.

Youth/Adult Sports

The Avalon Park YMCA will offer Youth and Adult sports year-round.

2007 Youth Sports Schedule (ages 3 – 14 years old)

Spring: Soccer & Cheerleading
Summer: Basketball & Cheerleading
Fall: Soccer & Cheerleading
Winter: Basketball & Cheerleading

Additional sports may be offered. Contact the Y for more information.

Summer Camp

The Avalon Park YMCA will offer a variety of “Specialty” camps throughout the 2007 Orange County summer vacation. Information and registration begins APRIL 14th at our YMCA Healthy Kids Day.

Teen Programs

The Avalon Park YMCA will offer Teen Fitness, Teen Training and Teen Volunteer Opportunities. Teens age 12 – 14 can also participate in our YMCA Youth Sports Programs.

Seniors

The Avalon Park YMCA will offer a Basic Fitness class daily from 1:15 – 2:00pm that is appropriate for seniors of all fitness levels. Call the Y for more information in regards to senior activities and clubs.