



Crosby YMCA Family Center AQUATICS SCHEDULE

Crosby YMCA Wellness Center 2005 Mizell Avenue Winter Park, Fl. 32792 (407) 644-3606 www.CentralFloridaYMCA.org

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:00am	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start		
8:00am	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Recreational Swim	Lap Swim Recreational Swim
8:45am	Cardio (8:45-9:45)	Lap Swim	Cardio (8:45-9:45)	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00am	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Safe Start	Lap Swim Recreational Swim	Lap Swim Recreational Swim
10:00am	Lap Swim 1 Lap Lane Available Cardio	Lap Swim 1 Lap Lane Available Cardio	Lap Swim 1 Lap Lane Available Cardio	Lap Swim 1 Lap Lane Available Cardio	Lap Swim 1 Lap Lane Available Cardio	Lap Swim 1 Lap Lane Available Cardio	Lap Swim Recreational Swim
11:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11:15am	Cardio (11:15-12:15)	Lap Swim	Cardio (11:15-12:15)	Lap Swim	Cardio (11:15-12:15)	Recreational Swim	Recreational Swim
12:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:30pm	Joint Movement (12:30-1:30)	Joint Movement (12:30-1:30)	Joint Movement (12:30-1:30)	Joint Movement (12:30-1:30)	Joint Movement (12:30-1:30)	Recreational Swim	Recreational Swim
1:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim Recreational Swim	Lap Swim Recreational Swim
2:00pm	Lap Swim Physical Therapy	Lap Swim	Lap Swim Physical Therapy	Lap Swim	Lap Swim Physical Therapy	Lap Swim Recreational Swim	Lap Swim Recreational Swim
3:00pm	Lap Swim Safe Start Recreational Swim	Lap Swim Safe Start Recreational Swim	Lap Swim Safe Start Recreational Swim	Lap Swim Safe Start Recreational Swim	Lap Swim Safe Start Recreational Swim	Lap Swim Recreational Swim	Lap Swim Recreational Swim
4:00pm	Lap Swim Safe Start Recreational Swim	Lap Swim Safe Start Recreational Swim	Lap Swim Safe Start Recreational Swim	Lap Swim Safe Start Recreational Swim	Lap Swim Safe Start Recreational Swim	Facility Hours Monday - Thursday : 5:30am - 9:00pm Friday : 5:30am - 8:00pm Saturday & Sunday : 8:00am - 4:00pm	
5:00pm	Lap Swim Safe Start Recreational Swim	Lap Swim Lessons & Safe Start Recreational Swim	Lap Swim Lessons & Safe Start Recreational Swim	Lap Swim Lessons & Safe Start Recreational Swim	Lap Swim Lessons & Safe Start Recreational Swim	Child Development Hours Monday - Thursday : 8:30am - 12:00pm & 4:00pm - 7:30pm Friday : 8:30am - 12:00pm & 4:00pm - 7:00pm Saturday & Sunday : 9:00am - 1:00pm	
6:00pm	Lap Swim Safe Start Cardio	Lap Swim Lessons & Safe Start	Lap Swim Safe Start	Lap Swim Lessons & Safe Start	Lap Swim Safe Start		
7:00pm	Lap Swim Safe Start	Lap Swim Lessons & Safe Start	Lap Swim Safe Start Triathlon Swim Class	Lap Swim Lessons & Safe Start	Lap Swim Safe Start	Schedule Key YELLOW Lessons & Therapy BLUE Aqua Class GREEN Lap Swim PURPLE Recreational Swim	
8:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim			

Classes with less than 15 participants on average will be subject to change.