

AQUATICS

Winter/Spring: January-April

Dr. P. Phillips YMCA Family Center

Our Mission: The purpose of this Association is to improve lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen spirit, mind and body.



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am					Master's Swim Club		
7:00am	Lap Swim	Master's Swim Club	Lap Swim	Lap Swim	Lap Swim		
8:00am						Deep Water Fitness	
9:00am	Shallow Water Fitness	Deep Water Fitness	Shallow Water Fitness	Deep Water Fitness	Shallow Water Fitness	Swim Lessons	
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Master's Swim Club
		Swim Lessons		Swim Lessons		Swim Lessons	
Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons				
10:00am	Lap Swim	Lap Swim	Lap Swim	Master's Swim Club	Lap Swim	Shallow Water Fitness	
	Swim Lessons		Swim Lessons	Lap Swim		Lap Swim	
		Swim Lessons		Swim Lessons			
11:00am	Lap Swim	Swim Lessons	Lap Swim	Swim Lessons	Lap Swim	Swim Lessons	
	Swim Lessons		Swim Lessons				
12:00pm							
1:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Lap Swim
2:00pm							
3:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
4:00pm	Swim Lessons	Lap Swim	Swim Lessons	Lap Swim	Lap Swim		
	Youth Swim Team	Youth Swim Team	Youth Swim Team	Youth Swim Team		Youth Swim Team	
5:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Lap Swim		
	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
6:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Lap Swim		
	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
7:00pm	Youth Swim Team	Youth Swim Team	Youth Swim Team	Youth Swim Team	Youth Swim Team		
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00pm	Youth Swim Team	Youth Swim Team	Youth Swim Team	Youth Swim Team	Youth Swim Team		
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		

Schedule Key

- GREEN Lap Swim
- YELLOW Lessons & Safe Start
- RED Teams & Clubs
- BLUE Fitness
- PURPLE Fun & Games