

# AQUATICS

## OUTDOOR POOL SCHEDULE

Downtown YMCA Family Center

**POOL RENOVATION SCHEDULE**  
**SEPTEMBER 28th - MID-NOVEMBER**



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am							
6:00am	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 5 Lanes		
7:00am						Lap Swim 3 Lanes	
8:00am	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes		
	Safe Start 8am-10am	Safe Start 8am-10am	Safe Start 8am-10am	Safe Start 8am-10am	Safe Start 8am-10am	Water Fitness 8am-9am	
9:00am	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 4 Lanes	
	Safe Start 8am-10am	Safe Start 8am-10am	Safe Start 8am-10am	Safe Start 8am-10am	Safe Start 8am-10am	Preschool Swim Lessons 9am-9:30am	
	Water Fitness 9:30am-10:30am	Water Fitness 9:30am-10:30am	Water Fitness 9:30am-10:30am	Water Fitness 9:30am-10:30am	Water Fitness 9:30am-10:30am	Preschool Swim Lessons 9:45am-10:15am	
10:00am						Parent/Child Swim Lessons 9:45am-10:15am	
						Lap Swim 3 Lanes	
11:00am						Preschool Swim Lessons 10:30am-11am	
						Youth Swim Lessons 10:30am-11:15am	
12:00pm						Lap Swim 3 Lanes	
		Lap Swim 5 Lanes		Lap Swim 5 Lanes		Youth Swim Lessons 11:15am-12pm	Lap Swim 3 Lanes
1:00pm						Adult Swim Lessons 12pm-12:45pm	Recreational Swim 2 Lanes
						Lap Swim 4 Lanes	Lap Swim 3 Lanes
2:00pm						Recreational Swim 1 Lane	Recreational Swim 2 Lanes
	Lap Swim 3 Lanes		Lap Swim 3 Lanes		Lap Swim 3 Lanes	Lap Swim 4 Lanes	Lap Swim 3 Lanes
3:00pm	Water Fitness 2pm-3pm		Water Fitness 2pm-3pm		Water Fitness 2pm-3pm	Recreational Swim 1 Lane	Recreational Swim 2 Lanes
	Lap Swim 3 Lanes		Lap Swim 3 Lanes		Lap Swim 5 Lanes	Lap Swim 4 Lanes	Lap Swim 3 Lanes
4:00pm	Pre-School Swim Lessons 3:30pm-4:00pm		Pre-School Swim Lessons 3:30pm-4:00pm			Recreational Swim 1 Lane	Recreational Swim 2 Lanes
	Lap Swim 3 Lanes	Lap Swim 4 Lanes	Lap Swim 3 Lanes	Lap Swim 2 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 3 Lanes
5:00pm	Youth Swim Lessons 4:15pm-5pm		Youth Swim Lessons 4:15pm-5pm	Youth Swim Team I 4pm-5pm		Recreational Swim 1 Lane	Recreational Swim 2 Lanes
	Safe Start 4pm-5pm	Safe Start 4pm-5pm	Safe Start 4pm-5pm	Safe Start 4pm-5pm	Safe Start 4pm-5pm	Lap Swim 4 Lanes	Lap Swim 3 Lanes
6:00pm					Lap Swim 5 Lanes	Recreational Swim 1 Lane	Recreational Swim 2 Lanes
7:00pm						Lap Swim 4 Lanes	
	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 2-3 Lanes	Recreational Swim 1 Lane	
8:00pm					Youth Swim Team II 7pm-8pm		
9:00pm					Lap Swim 5 Lanes		

**Schedule Key**

- RED** Team & Clubs
- YELLOW** Swim Lessons & Safestart
- BLUE** Water Fitness
- GREEN** Lap Swim
- PURPLE** Fun & Games

433 N. Mills Avenue, Orlando, FL 32811 · 407-896-6901 · [www.CentralFloridaYMCA.org](http://www.CentralFloridaYMCA.org)

Schedule is Subject to Change.

\*Recreational Swimming available on weekends only from SEPTEMBER 28th - Mid-November