

AQUATICS

Winter 2010

Golden Triangle 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
5:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00am							
7:00am							
8:00am	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim	
	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Rec Swim Fun and Games	
9:00am	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim	
	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Rec Swim Fun and Games	
10:00am	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim	Lap Swim
	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Swim Lessons	Fun and Games
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
11:00am	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim	Lap Swim
	Deep Water Fitness	Recreational Swim	Deep Water Fitness	Recreational Swim	Deep Water Fitness	Swim Lessons	Fun and Games
	Recreational Swim		Recreational Swim		Recreational Swim	Recreational Swim	Recreational Swim
12:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim	Lap Swim
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
1:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim	Lap Swim
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
2:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim	Lap Swim
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
3:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim	Lap Swim
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
4:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim	Lap Swim
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
5:00pm	Lap Swim 1	Lap Swim 1	Lap Swim 1	Lap Swim 1	Lap Swim 1		
	Swim Team	Swim Team	Swim Team	Swim Team	Fun and Games		
6:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3		
	Shallow Water Fitness 6:30	Recreational Swim	Shallow Water Fitness 6:30	Recreational Swim	Fun and Games		
7:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3		
	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Fun and Games		
8:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		

Schedule Key

- GREEN Lap Swim
- YELLOW Swim Lessons
- BLUE Water Fitness
- RED Teams & Clubs

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Therapy Pool Winter 2010

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Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim 9:00am - 11:30am	
7:00am							
8:00am							
9:00am	Joints in Motion	Joints in Motion	Joints in Motion	Joints in Motion	Joints in Motion		
10:00am	Joints in Motion	Joints in Motion	Joints in Motion	Water Yoga	Joints in Motion		
11:00am	Joints in Motion						
12:00pm	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim		
1:15pm							
2:00pm							
3:00pm							
4:00pm	Recreational Swim	Swim Lessons	Recreational Swim	Swim Lessons	Recreational Swim	Schedule Key YELLOW Swim Lessons BLUE Water Fitness PURPLE Recreational Swim	
5:00pm							

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