

# AQUATICS

Winter 2010/2011

## 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	FRIDAY	SATURDAY	SUNDAY
5:30am	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		
	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim		
9:00am	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3		
	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim		
10:00am	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2		
	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Rec 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	
	Deep Water Fitness	Recreational Swim	Deep Water Fitness	Deep Water Fitness	Swim Lessons	
	Recreational Swim		Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
12:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Swim Lessons	Lap 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	Lap 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	
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	
3:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3		
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim		
4:00pm	Swim Team	Swim Team	Swim Team	Swim Team		
	Lap Swim 1	Lap Swim 1	Lap Swim 1	Lap Swim 1		
	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim		
5:00pm	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim		
	Swim Team	Swim Team	Swim Team	Swim Team		
6:00pm	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3		
	Shallow Water Fitness 6:00	Recreational Swim	Shallow Water Fitness 6:00	Fun and Games		
	Swim Team	Swim Team	Swim Team	Swim Team		

### Schedule Key

**GREEN** Lap Swim  
**YELLOW** Swim Lessons  
**BLUE** Water Fitness  
**RED** Teams & Clubs  
**PURPLE** Fun & Games

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## Therapy Pool Winter 2010/2011

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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							
12:00pm	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim		
1:15pm						<b>Schedule Key</b> <b>GREEN</b> Swim Lessons <b>BLUE</b> Water Fitness <b>PURPLE</b> Recreational Swim	
2:00pm							
3:00pm							
4:00pm	Recreational Swim	Swim Lessons	Recreational Swim	Swim Lessons	Recreational Swim		
5:00pm							

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