



AQUATICS

September 2010

Lake Nona 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-7:00am	Masters Swim (6 lanes)		Tri-Club (6 lanes)			Recreational Swim is available ALL DAY during pool hours! See you at the pool!	
7:00am-9:00am							
9:00am-10:00am	Swim Lessons/ Safe Start	Safe Start	Swim Lessons/ Safe Start	Safe Start	Safe Start	Water Fitness @ 11am Lap Swim (4 lanes) and Recreational Swim ALL DAY	Lap Swim (4 lanes) & Recreational Swim
	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)		
10:00am-11:00am	Swim Lessons/ Safe Start	Safe Start	Swim Lessons/ Safe Start	Safe Start	Safe Start		
	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)	Lap Swim (4 lanes)		
11:00am-1:00pm	Lap Swim (4 lanes)	Water Fitness	Lap Swim (4 lanes)	Water Fitness	Lap Swim (4 lanes)		
		Lap Swim (3 lanes)		Lap Swim (3 lanes)			
1:00pm-3:00pm							
3:00pm-4:30pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
	Swim Lessons		Swim Lessons				
	Lap Swim (1 lane)	Lap Swim (1 lane)	Lap Swim (1 lane)	Lap Swim (1 lane)	Lap Swim (1 lane)		
4:30pm-5:30pm	Swim Team	Lap Swim (4 lanes)	Swim Team	Lap Swim (4 lanes)	Swim Team		
	Swim Lessons		Swim Lessons				
	Lap Swim (1-2 lanes)		Lap Swim (1-2 lanes)		Lap Swim (1-2 lanes)		
5:30pm-6:30pm	Swim Lessons	Lap Swim (4 lanes)	Swim Lessons	Lap Swim (4 lanes)	Lap Swim (4 lanes)		
	Lap Swim (4 lanes)		Lap Swim (4 lanes)				
6:30pm-8:30pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
	Lap Swim (1-2 lanes)	Lap Swim (1-2 lanes)	Lap Swim (1-2 lanes)	Lap Swim (1-2 lanes)	Lap Swim (1-2 lanes)		

For Pool and Swim Lesson Updates Please Visit; www.Quickscores.com/LakeNonaYMCA