

AQUATICS

Oviedo 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
Year-Round Pool Hours	5:00AM-10:00PM				5:00AM-9:00PM	7:00AM-6:00PM	9:00AM-6:00PM
Lap & Recreational Swim Times	5:00AM-7:30AM 8:30AM-10:00AM 12:15PM-10:00PM				7:00AM-9:30AM 10:30AM-6:00PM		9:00AM-6:00PM
Swim Lesson Times	8:30AM-9:45AM 3:30PM-7:15PM				8:30AM-9:45AM 3:30PM-7:15PM (Make-up day only)	8:00AM-9:30AM 10:30AM-2:10PM	No Lessons
Aqua Fit Class Times (1 Hour Each)	7:30AM 10:05AM 11:15AM				9:30AM	No Aqua Fit Clas	
Swim Team Practice Times	8:15AM-9:15AM 4:00PM-5:00PM (Cady Way Pool)	4:00PM-5:00PM (Cady Way Pool)	8:15AM-9:15AM 4:00PM-5:00PM (Cady Way Pool)	4:00PM-5:00PM (Cady Way Pool)	4:00PM-5:00PM (Cady Way Pool)	No Swim Team	No Swim Team
Swim Lesson Times	Pre-School (Ages 3-5)	Youth (Ages 6-12)	Parent/Child (Ages 3-under)	Teen/Adult (Ages 12-Up)	<p align="center">Year-Round Programs</p> <p align="center"><u>Swim Lesson Schedule:</u></p> <p align="center">Monday/Wednesday <u>Or</u> Tuesday/Thursday <u>4 Weeks</u></p> <p align="center">Session Nine - August 16th-September 9th Session Ten - September 13th-October 7th</p> <p align="center"><u>Saturday</u> <u>8 weeks</u></p> <p align="center">Session Nine - August 28th-October 16th</p> <p align="center"><u>Swim Team:</u> Ages 5-17 Practices Monday-Friday Mandatory 3 Practices a week Swim Meets twice a month Practices held at Cady Way Pool</p>		
Monday/ Wednesday	8:30AM-9:00AM 3:45PM-4:15PM 4:30PM-5:00PM 5:15PM-5:45PM 5:50PM-6:25PM 6:30PM-7:00PM	9:15AM-9:55AM 3:30PM-4:10PM 4:15PM-4:55PM 5:00PM-5:40PM 5:45PM-6:25PM 6:30-7:10PM	8:40AM-9:10AM	No Class			
Tuesday/ Thursday	9:05AM-9:35AM 3:45PM-4:15PM 4:30PM-5:00PM 5:15PM-5:45PM 5:50PM-6:25PM 6:30PM-7:00PM	8:30AM-9:10AM 9:15AM-9:55AM 3:30PM-4:10PM 4:15PM-4:55PM 5:00PM-5:40PM 5:45PM-6:25PM 6:30-7:10PM	6:00PM-6:30PM	No Class			
Saturday	8:00AM-8:30AM 8:45AM-9:15AM 10:30AM-11:00AM 11:10AM-11:40AM	8:00AM-8:40AM 8:45AM-9:25AM 11:10AM-11:50AM 12:00PM-12:40PM	12:00PM-12:30PM	12:45PM-1:25PM 1:30PM-2:10PM			