



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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**YCF Swim Team Fall/Winter Practice Schedule - (as of 1.23.19)**

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**BLANCHARD PARK YMCA (10501 J. Blanchard Trail, Orlando, FL, 32817)**

**New Swimmer Placement: NA**

This site is currently not operating swim team – please check back for updates

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**COCOA YMCA (1519 Clearlake Road, Building 18, Cocoa, FL, 32922)**

**New Swimmer Placement: the 1<sup>st</sup> Tuesday of each month at 5:30pm**

Age Group Recreational -	Monday/Wednesday/Thursday	5:00-5:45pm
Age Group Competitive -	Monday thru Friday	5:45-7:15pm
Senior Competitive -	Monday thru Friday	5:15-7:15pm
National Prep -	Monday thru Friday	5:15-7:15pm
	+ Saturday	8:00-10:00am
National -	Monday thru Friday	5:15-7:15pm
	Tuesday/Thursday	5:30-7:00am
	+ Saturday	8:00-10:00am

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**DOWNTOWN ORLANDO YMCA (433 N. Mills Avenue, Orlando, FL, 32803)**

**New Swimmer Placement: NA**

This site is currently not operating swim team – please check back for updates

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**DR. P. PHILLIPS YMCA (7000 Dr. Phillips Boulevard, Orlando, FL, 32819)**

**New Swimmer Placement: NA**

This site is currently not operating swim team – please check back for updates

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**FRANK DELUCA YMCA (3200 S.E. 17<sup>th</sup> Street, Ocala, FL, 34471)  
& JERVEY GANTT AQUATIC FUN CENTER (2390 SE 36<sup>th</sup> Ave, Ocala, FL, 34471)**

**New Swimmer Placement: the 3<sup>rd</sup> Monday of each month at 4:30pm**

Age Group Recreational -	Wednesday/Thursday/Friday	4:00-4:45pm
Senior Recreational -	Tuesday/Wednesday/Thursday/Friday	4:45-5:45pm
Age Group Competitive -	Monday/Tuesday/Wednesday/Friday	4:30-6:00pm
Senior Competitive -	Monday/Tuesday/Wednesday/Friday	4:30-6:30pm
	+ Saturday	8:30-10:30am
National Prep -	Monday thru Friday	4:00-6:00pm
	+ Saturday	8:00-10:30am
National -	Monday thru Friday	3:30-6:30pm
	+ Saturday	8:00-10:30am

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**GOLDEN TRIANGLE YMCA (1465 David Walker Road, Tavares, FL, 32778)**

**New Swimmer Placement: the 2<sup>nd</sup> Tuesday of each month at 4:30pm**

Age Group Recreational -	Monday thru Thursday	5:30-6:00pm
Senior Recreational -	Monday thru Thursday	5:30-6:00pm
Age Group Competitive -	Monday thru Friday	5:30-7:00pm
Senior Competitive -	Monday thru Friday	5:30-7:00pm
	+ Saturday	9:00-11:00am
National Prep -	Monday thru Friday	3:30-5:30pm
	+ Monday thru Friday	5:45-6:45am
	+ Saturday	9:00-11:00am
National -	Monday thru Friday	3:30-5:30pm
	+ Monday thru Friday	5:45-6:45am
	+ Saturday	9:00-11:00am

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**J. DOUGLAS WILLIAMS YMCA (665 Longwood-Lake Mary Road, Lake Mary, FL, 32746)**

**New Swimmer Placement: the 4<sup>th</sup> Monday of each month at 5:00pm**

Age Group Recreational -	Monday/Wednesday/Friday	this group is on indefinite hold
Senior Recreational -	Monday/Tuesday/Wednesday/Friday	5:30-6:30pm
Age Group Competitive -	Monday/Tuesday/Wednesday/Friday	5:30-7:00pm
Senior Competitive -	Monday/Tuesday/Wednesday/Friday	5:30-7:00pm

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**LAKE NONA YMCA (9055 Northlake Parkway, Orlando, FL, 32827)**

**New Swimmer Placement: the 2<sup>nd</sup> Thursday of each month at 5:30pm**

Age Group Recreational -	Monday/Wednesday/Friday	5:15-6:00pm
Age Group Competitive -	Monday thru Friday	6:00-7:30pm

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**OSCEOLA COUNTY YMCA (2117 W. Mabbette Street, Kissimmee, FL, 34747)**

**New Swimmer Placement: please see the Rosen YMCA Aquatic Center's new swimmer placement schedule**

Age Group Recreational -	Monday/Wednesday/Friday	6:00-6:45pm
Age Group Competitive -	Monday thru Friday	6:15-7:30pm

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**OVIEDO YMCA (7900 Red Bug Lake Road, Oviedo, FL, 32765)**

**New Swimmer Placement: the 3<sup>rd</sup> Wednesday of each month at 6:30pm**

Age Group Recreational -	Tuesday/Wednesday/Thursday	6:30-7:30pm
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**ROPER YMCA (100 Windermere Road, Winter Garden, FL, 34787)**

**New Swimmer Placement: NA**

This site is currently not operating swim team – please check back for updates

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**ROSEN YMCA AQUATIC CENTER (8422 International Drive, Orlando, FL, 32819)**

**New Swimmer Placement: the 1<sup>st</sup> Monday of each month at 5:30pm & 3<sup>rd</sup> Tuesday of each month at 6:30pm**

Age Group Recreational -	Monday/Wednesday/Friday	4:30-5:15pm
	OR Monday/Wednesday/Friday	5:15-6:00pm
	OR Monday/Wednesday/Friday	6:00-6:45pm
	OR Tuesday/Thursday/Friday	5:15-6:00pm
	OR Tuesday/Thursday/Friday	6:00-6:45pm
Senior Recreational -	Monday/Wednesday/Thursday	6:45-7:45pm
	+ Saturday	10:30-11:30am
Age Group Competitive -	Monday thru Friday	5:15-6:45pm
Senior Competitive -	Monday thru Friday	5:15-7:15pm
	+ Saturday	8:00-10:00am
National Prep -	Monday thru Friday	5:15-7:15pm
	+ Saturday	8:00-10:00am
National -	Monday/Wednesday/Friday	3:15-6:15pm
	+ Tuesday/Thursday	3:15-5:15pm
	+ Monday/Friday	5:30-7:00am
	+ Saturday	8:00-10:30am

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**TITUSVILLE YMCA (2400 Harrison Street, Titusville, FL, 32780)**

**& PARRISH HEALTH & FITNESS CENTER (2210 Cheney Highway, Titusville, FL, 32780)**

**New Swimmer Placement: the 2<sup>nd</sup> Wednesday of each month at 5:00pm @ Parrish Health & Fitness Center**

Age Group Recreational -	Monday/Wednesday/Friday	4:30-5:30pm	@ Parrish H&FC
Senior Recreational -	Monday/Wednesday/Friday	4:30-5:30pm	@ Parrish H&FC
Age Group Competitive -	Monday/Wednesday/Friday	5:00-6:30pm	@ Parrish H&FC
	Tuesday/Thursday	5:45-7:15pm	@ Cocoa YMCA
Senior Competitive -	Monday/Wednesday/Friday	5:00-6:30pm	@ Parrish H&FC
	Tuesday/Thursday	5:15-7:15pm	@ Cocoa YMCA

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**WINTER PARK YMCA (1201 N. Lakemont Ave, Winter Park, FL, 32792)**

**& CADY WAY POOL (2526 Cady Way, Winter Park, FL, 32792)**

**New Swimmer Placement: the 2<sup>nd</sup> Monday of each month at 4:30pm**

Age Group Recreational -	Monday/Tuesday/Thursday	4:15-5:00pm
Age Group Competitive -	Monday/Tuesday/Thursday/Friday	5:00-6:30pm
	Wednesday	4:00-5:30pm

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**NOTE: all practices and placements are held at the YMCA unless otherwise noted**