



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YCF Swim Team Fall/Winter Practice Schedule - (as of 1.08.18)

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

New Swimmer Placement: the 1st Monday & 3rd Tuesday of each month at 5:30pm

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

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

New Swimmer Placement: the 1st Thursday of each month at 6:00pm

Age Group Recreational -	Tuesday/Thursday/Friday	5:30-6:30pm
Age Group Competitive -	Monday/Wednesday/Friday	5:00-6:30pm
	+ Saturday	10:00-11:30am

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

New Swimmer Placement: the 1st Tuesday of each month at 5:30pm

Age Group Recreational -	Monday/Tuesday/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
	+ Saturday	8:00-10:00am

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

New Swimmer Placement: the 4th Tuesday of each month at 4:30pm

Age Group Recreational - Tuesday/Thursday 4:00-5:00pm

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

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

New Swimmer Placement: the 1st Wednesday & 3rd Monday of each month at 4:30pm

Age Group Recreational -	Monday/Wednesday/Friday	4:00-4:45pm
Senior Recreational -	Monday/Wednesday/Thursday/Friday	4:30-5:30pm
Age Group Competitive -	Monday/Tuesday/Wednesday/Friday	5:30-7:00pm
Senior Competitive -	Monday/Tuesday/Wednesday/Friday	4:30-6:30pm
	+ Saturday	8:30-9:30am
National Prep -	Monday/Tuesday/Wednesday/Friday	5:00-7:00pm
	+ Saturday	8:00-10:00am
National -	Monday thru Friday	3:30-6:30pm
	+ Saturday	8:00-10:30am

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

New Swimmer Placement: the 2nd Tuesday of each month at 4:30pm

Age Group Recreational -	Monday thru Friday	4:30-5:00pm
Senior Recreational -	Monday thru Friday	4:30-5:00pm
Age Group Competitive -	Monday thru Friday	5:00-6:30pm
Senior Competitive -	Monday thru Friday	5:00-6:30pm
	+ Saturday	9:00-11:00am
National Prep -	Monday thru Friday	5:00-7:00pm
	+ Monday thru Friday	5:45-6:45am
	+ Saturday	9:00-11:00am
National -	Monday thru Friday	5:00-7:00pm
	+ Monday thru Friday	5:45-6:45am
	+ Saturday	9:00-11:00am

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

New Swimmer Placement: the 4th Monday of each month at 5:00pm

Age Group Recreational -	Monday/Wednesday/Friday	4:45-5:30pm
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

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

New Swimmer Placement: the 2nd Thursday of each month at 5:30pm

Age Group Recreational -	Monday/Wednesday/Thursday	4:30-5:15pm
Age Group Competitive -	Monday thru Friday	5:30-7:00pm

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

New Swimmer Placement: the 4th Wednesday of each month at 5:30pm

Age Group Recreational -	Monday/Wednesday/Friday	5:00-5:45pm
Senior Recreational -	Monday/Wednesday/Friday	5:00-5:45pm
Age Group Competitive -	Monday thru Friday	5:45-7:00pm
	+ Saturday	9:00-10:30am
Senior Competitive -	Monday thru Friday	5:45-7:45pm
	+ Saturday	9:00-10:30am

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

New Swimmer Placement: the 3rd 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

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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 2nd Wednesday of each month at 5:00pm at Parrish Health & Fitness Center

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

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 2nd 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

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