



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

---

**YCF Swim Team Fall/Winter Practice Schedule - (as of 8.13.18)**

---

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

**New Swimmer Placement: the 1<sup>st</sup> Monday & 3<sup>rd</sup> 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	6:45-7:45pm
	+ 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

---

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

**New Swimmer Placement: the 4<sup>th</sup> Thursday of each month at 6:00pm**

Age Group Recreational -	Monday/Wednesday/Friday	5:00-5:45pm
Age Group Competitive -	Monday thru Friday	5:45-7:00pm

---

**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/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: NA**

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

---

---

**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. 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 -	Monday/Tuesday/Friday	4:00-4:45pm
Senior Recreational -	Monday/Tuesday/Wednesday/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

---

**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	4:30-5:00pm
Senior Recreational -	Monday thru Thursday	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 4<sup>th</sup> 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 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

---

---

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

**New Swimmer Placement: the 4<sup>th</sup> Wednesday of each month at 5:30pm**

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

---

**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	7:00-8:00pm
--------------------------	----------------------------	-------------

---

**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

---

**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**

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

---

**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

---

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