

# Jamie Platz Family YMCA Aquatics Schedule

Summer 2025  
June 30 - August 24

MONDAY				TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY																				
	Main	Lagoon	Teach	Main	Lagoon	Teach	Main	Lagoon	Teach	Main	Lagoon	Teach	Main	Lagoon	Teach	Main	Lagoon	Teach	Main	Lagoon	Teach																		
5:30 AM	Lane Swim - 5 Lanes	Family Swim		Lane Swim - 5 Lanes	Family Swim		Lane Swim - 5 Lanes	Family Swim		Lane Swim - 5 Lanes	Family Swim		Lane Swim - 5 Lanes	Family Swim		Lane Swim - 5 Lanes	Family Swim		Lane Swim - 5 Lanes	Family Swim		7:00 AM																	
6:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	8:00 AM						
7:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	9:00 AM						
8:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	10:00 AM				
9:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	Aquafit Deep	Aquafit Shallow	11:00 AM				
10:00 AM	Lane Swim - 3 Lanes	Family & Public Swim	Day Camp Swim	Lane Swim - 1 Lane	Day Camp Swim	Swim Lessons	Lane Swim - 3 Lanes	Family Swim	Day Camp Swim	Lane Swim - 3 Lanes	Family Swim	Day Camp Swim	Lane Swim - 3 Lanes	Family Swim	Day Camp Swim	Lane Swim - 3 Lanes	Family Swim	Day Camp Swim	Lane Swim - 3 Lanes	Family Swim	Day Camp Swim	Lane Swim - 3 Lanes	Family & Public Swim																
11:00 AM																																							
12:00 PM			Bridge to Wellness Aqua						Family Swim			Bridge to Wellness Aqua			Family Swim			Bridge to Wellness Aqua			Family Swim			Bridge to Wellness Aqua	Family Swim	Bridge to Wellness Aqua	Family Swim	Bridge to Wellness Aqua	Family Swim	Bridge to Wellness Aqua	Family Swim	Bridge to Wellness Aqua	Family Swim	Bridge to Wellness Aqua	Family Swim	Bridge to Wellness Aqua	Family Swim	Bridge to Wellness Aqua	Family Swim
1:00 PM			Day Camp Swim						Day Camp Swim			Day Camp Swim			Day Camp Swim			Day Camp Swim			Day Camp Swim			Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim	Day Camp Swim
2:00 PM																																							
3:00 PM	Lane Swim - 3 Lanes	Family & Public Swim		Lane Swim - 1 Lane	Day Camp Swim	Swim Lessons	Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family & Public Swim																
4:00 PM																																							
5:00 PM																																							
6:00 PM																																							
7:00 PM																																							
8:00 PM	Closed	Closed		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family Swim		Lane Swim - 3 Lanes	Family & Public Swim																
9:00 PM																																							
Closed				Closed			Closed			Closed			Closed			Closed			Closed																				

Shine On

Northern  
Alberta