Jamie Platz Family YMCA Aquatics Schedule

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY					
	Main	Lagoon	Teach	Ma	ain	Lagoon	Teach	M	ain	Lagoon	Teach	Ma	ain	Lagoon	Teach	Main	Lagoon	Teach
5:30 AM 6:00 AM			Aquafit Deep				Aquafit Shallow				Aquafit Deep				Aquafit Shallow			Aquafit Deep
7:00 AM	Lane Swim - 5 Lanes	Family Swim	Aquafit Deep	Lane - 5 L		Family Swim	Aquafit Shallow		Swim _anes	Family Swim	Aquafit Deep		Swim anes	Family Swim	Shallow 1.2m	Lane Swim - 5 Lanes	Family Swim	Aquafit Deep
8:00 AM			Aquafit Deep				Aquafit Shallow			Aquafit Aquafit Deep		Aquafit Shallow			Aquafit Deep			
9:00 AM			Aquafit Deep			Aquafit Shallow								Aquafit Shallow			Aquafit Shallow	
10:00 AM 11:00 AM	Lane Swim - 3 Lanes	amp Swim	Family Swim	3 Lanes	Day C	Camp Swim	Swim Lessons	Lanes	Day (	Camp Swim	Family Swim	Lanes	Day (	Camp Swim	Family Swim	Lane Swim - 3 Lanes	Camp Swim	Aquafit Shallow Family
12:00 PM		Family Swim	Bridge to Wellness Aqua	Lane Swim -	Fam	nily Swim	Swim - 3		Fan	nily Swim		Swim - 3 L	Fan	nily Swim	Bridge to Wellness Aqua			Swim
1:00 PM 2:00 PM			Day Camp Swim			Day Camp S	Day Camp S			Swim	Day Camp		Swim		Family Swim	Day Camp Swim		
3:00 PM				Lane Swim - 3 Lanes		Family & P	IIIIIC SWIM I		Swim anes	Family & P	ublic Swim	Lane Swim 3 Lanes Family & Public Swim						
4:00 PM	Lane Swim - 3 Lanes	Family & Po	ublic Swim	4)												Lane Swim - 3 Lanes		
5:00 PM	-					Family Swim	Aquafit Shallow			Family Swim		Lane Swim - 1 Lane		Family Swim				ublic Swim
6:00 PM								e Swim		Swim Less							Family & Pu	
7:00 PM			Aquafit Shallow			Swim Lesso		Lan						Swim Les				
8:00 PM			Aquafit Shallow		ne				Lane Swim		Aquafit Shallow	Lane Swim			Aqua Zumba			
9:00 PM		Family & Pu		Swim - 3 Lanes		Family Swim		- 3 Lanes		Family	Swim	- 3 Lanes		Family	⁄ Swim			
		Closed				Closed				Closed				Closed			Closed	

## Summer 2025 June 30 - August 24

		SATURDAY						
Main		Lagoon	Teach	Ma	ain	Lagoon	Teach	
Lane Swim - 5 Lanes			Deep 2.1m	Lane Swim - 5 Lanes			Deep 2.1m	7:00 AM
			Aquafit Deep				Aquafit Deep	8:00 AM
· 1 Lane	Swim Lessons	Family Swim	Swim Lessons	Lane Swim - 1 Lane	Swim Lessons	Family	Swim Lessons	9:00 AM
						Swim		10:00 AM
								11:00 AM
Lane Swim - 1 Lane								12:00 PM
Lar				Lane Swim - 3 Lanes				1:00 PM
	Swi	m Lessons		WI	віт			2:00 PM
				*2-4pm first Sunday of each month*				3:00 PM
Lane Swim - 3 Lanes			11101	icii ·	Family & P	4:00 PM		
		- " 0 -				5:00 PM		
		Family & Po	Lane:			6:00 PM		
				3 Lanes				7:00 PM
		Closed			Closed	8:00 PM		

