Jamie Platz Family YMCA Aquatics Schedule

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	N	<u> 10NDA`</u>	Y		<u> TUESDA</u>	Y	WE	<u> DNESD</u>	AY	T	<u>HURSDA</u>	Y		<u>FRIDAY</u>		<b></b>	ILEI 2	<b>62210</b>	/II   A	7 (
	Main		Teach	Main	Lagoon		Main	Lagoon		Main	Lagoon		Main	Lagoon					ber 7	
5:30 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep						Aquafit Deep			p com		` <i>I</i>
6:00 AM												Shallow 1.2m				Main	SATURDAY Lagoon		Main	S
7:00 AM			Aquafit Deep			Shallow 1.2m			Aquafit Deep			112111			Aquafit Deep			Deep 2.1m		T
8:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Deep		
9:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep			Aquafit Shallow			Aquafit Shallow					
10:00 AM	Lane Swim - 5 Lanes	Family Swim		Lane Swim - 5 Lanes	- Family Swim		Lane Swim 5 Lanes	Family Swim		Lane Swim 5 5 Lanes	Family Swim		Lane Swim 5 5 Lanes	Family Swim	Aquafit Shallow	Lane Swim - 5 Lanes	· Family Swim	Family	Lane Swim - 5 Lanes	
11:00 AM			Deep 2.1m						Deep 2.1m						Deep 2.1m			Swim		
12:00 PM						Family Swim						Family Swim			Deep 2.1111					
1:00 PM			Family						Family						Family					
2:00 PM			Swim						Swim						Swim					
3:00 PM																				
4:00 PM		5 I 0 5														Lane Swim	Family & Pu	ublic Swim	Lane Swim -	
5:00 PM		Family & F	Public Swim		Family & F	Public Swim		Family & P	Public Swim		Family & P	Public Swim				3 Lanes	, , ,		3 Lanes	
6:00 PM	Lane Swim - 3 Lanes			Lane Swim - 3 Lanes	-		Lane Swim 3 Lanes			Lane Swim 3 3 Lanes			Lane Swim - 3 Lanes	Family & F	Public Swim					
7:00 PM			Aquafit Shallow																	
8:00 PM			Aquafit Shallow			Aquafit Shallow			Aquafit Shallow			Aqua Zumba					Closed			
9:00 PM		Family & F	Public Swim		Family & F	Public Swim		Family & P	Public Swim		Family & P	Public Swim		Closed					V	
		Cioseu			Ciuseu			Ciuseu			Cioseu			Ciuseu			Cl	· - 0	Nort	th

## **Intersession | August 25 -**7, 2025

_		SATURDAY					
	Main	Lagoon	Teach	Main	SUNDAY Lagoon	Teach	
afit ep			Deep 2.1m	Lane Swim - 5 Lanes		Deep 2.1m	7:00 AM
afit ep		Family Swim	Aquafit Deep			Aquafit Deep	8:00 AM
afit low	Lane Swim - 5 Lanes		Family Swim		Family Swim	Family Swim	9:00 AM
afit low							10:00 AM
2.1m							11:00 AM
							12:00 PM
nily				Lane Swim - 3 Lanes		1:00 PM	
im							2:00 PM
Swim							3:00 PM
	Lane Swim - 3 Lanes	Family & P	ublic Swim		Family & P	4:00 PM	
	3 Lanes					5:00 PM	
						6:00 PM	
							7:00 PM
		Closed			Closed	8:00 PM	

