

Jamie Platz Family YMCA Aquatics Schedule

Intersession | August 25 - September 7, 2025

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	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	Shallow 1.2m	Lane Swim 5 Lanes	Family Swim		Lane Swim 5 Lanes	Family Swim		Lane Swim 5 Lanes	Family Swim	Deep 2.1m	Lane Swim 5 Lanes	Family Swim	Family Swim																			
6:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep						Aquafit Deep			Aquafit Deep																									
7:00 AM			Aquafit Deep			Shallow 1.2m			Aquafit Deep									Aquafit Deep																									
8:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep									Aquafit Deep																									
9:00 AM			Aquafit Deep			Aquafit Shallow			Aquafit Deep									Aquafit Shallow																									
10:00 AM			Deep 2.1m																																								
11:00 AM																																											
12:00 PM																																											
1:00 PM																																											
2:00 PM			Family Swim												Family Swim											Family Swim			Family Swim			Family Swim											
3:00 PM	Lane Swim 3 Lanes	Family & Public Swim		Lane Swim 3 Lanes	Family & Public Swim		Lane Swim 3 Lanes	Family & Public Swim		Lane Swim 3 Lanes	Family & Public Swim		Lane Swim 3 Lanes	Family & Public Swim		Lane Swim 3 Lanes	Family & Public Swim		Lane Swim 3 Lanes	Family & Public Swim		Lane Swim 3 Lanes	Family & Public Swim																				
4:00 PM																																											
5:00 PM																																											
6:00 PM																																											
7:00 PM																									Aquafit Shallow	Aquafit Shallow	Aquafit Shallow	Aqua Zumba															
8:00 PM																									Aquafit Shallow	Aquafit Shallow	Aquafit Shallow																
9:00 PM	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim	Family & Public Swim																			
Closed				Closed				Closed				Closed				Closed				Closed				Closed																			

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