Jamie Platz Family YMCA Aquatics Schedule

TUESDAY WEDNESDAY MONDAY FRIDAY Main Lagoon Teach 5:30 AM Aquafit Aquafit Aquafit **Aquafit Aquafit** Shallow Deep Shallow 6:00 AM Shallow Aquafit **Aquafit** Aquafit 1.2m 7:00 AM Deep Deep Deep Aquafit Aquafit Aquafit Aquafit Aquafit 8:00 AM Lane Swim Deep Lane Swim Shallow Lane Swim Deep Lane Swim Shallow Lane Swim Deep - 5 Lanes - 5 Lanes Aquafit Aquafit Aquafit **Aquafit** Aquafit 9:00 AM Deep Shallow Deep Shallow Shallow Family Family Family Aquafit Aquafit Swim Swim Swim Swim Swim 10:00 AM **Shallow Shallow** Swim Shallow Deep 2.1m Deep 2.1m Lessons 11:00 AM 1.2m Deep 2.1m Bridge to 12:00 PM Wellness Aqua Bridge to 1:00 PM Wellness Aqua Family Family Family Family Lane Swim Lane Swim Lane Swim Swim Swim Swim Lane Swim - 3 Lanes Family - 3 Lanes - 3 Lanes Lane Swim 2:00 PM - 3 Lanes Swim - 3 Lanes 3:00 PM Family & Public Swim Family & Public Swim Family & Public Swim 4:00 PM Family & Public Swim Lane Swim - 1 Lane 5:00 PM Family Family Family Lane Swim - 1 Lane Swim Swim JLC Lane Swim -Swim and Family & Public Swim 6:00 PM Swim JLC Swim and Lane Club Swim Aquafit Club 7:00 PM Swim Lessons Shallow Swim Lessons Swim Lessons Aquafit Aquafit Aqua Agua JSI Shallow Shallow Zumba 8:00 PM Zumba Lane Lane Lane Swim Swim Swim Family Swim Swim Family Swim Family Swim 3 Lanes - 3 Lanes - 3 Lanes Family & Public Swim Lane Swim - 3 Lanes 9:00 PM 3 Lanes

Fall 2025 September 8 - December 21

SATURDAY				SUNDAY				
Main		Lagoon	Teach	Main		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
Lane Swim - 1 Lane	Swim Lessons	Family Swim	Swim Lessons	Lane Swim - 1 Lane	Swim Lessons	Family Swim	Swim Lessons	9:00 AM
								10:00 AM
								11:00 AM
			Family Swim					12:00 PM
	Swim Lessons							1:00 PM
								2:00 PM
								3:00 PM
Lane Swim - 3 Lanes		Family & Public Swim		Lane Swim - 3 Lanes		Family & P	ublic Swim	4:00 PM
								5:00 PM
								6:00 PM
								7:00 PM
						Closed		8:00 PM

