

Jamie Platz Family YMCA Aquatics Schedule

Fall 2025
September 8 - December 21

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

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	Lane Swim - 1 Lane	Swim Lessons	Family Swim	9:00 AM	
		Swim Lessons				Swim Lessons	11:00 AM
							12:00 PM
Lane Swim - 3 Lanes	Family & Public Swim		Lane Swim - 3 Lanes	Family & Public Swim		1:00 PM	
						2:00 PM	
						3:00 PM	
						4:00 PM	
						5:00 PM	
						6:00 PM	
						7:00 PM	
						8:00 PM	
Closed			Closed				