

Jamie Platz Family YMCA Aquatics Schedule

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

Public Swim Pricing: Adults (18-64) \$7.25 | Youth (13-17) & Senior (65+) \$6.25 | Child (2-12) \$5.95 | Family (up to 6) \$17.75 | Children under 2 FREE
 Pool access outside Public Swim times: Day Pass rate \$15.50 all ages

Winter 2026 January 5 - March 29

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		Lane Swim - 1 Lane	Swim Lessons		9:00 AM
		Swim Lessons			Swim Lessons	10:00 AM
						11:00 AM
		Family Swim				12:00 PM
	Swim Lessons					1:00 PM
						2:00 PM
						3:00 PM
						4:00 PM
Lane Swim - 3 Lanes	Family & Public Swim		Lane Swim - 3 Lanes	Family & Public Swim		5:00 PM
						6:00 PM
						7:00 PM
						8:00 PM
Closed			Closed			