

LOCKPORT FAMILY YMCA
FAMILY POOL
 January 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN SWIM 6:00-8:45 AM *registration required	OPEN SWIM 6:00-8:45 AM *registration required	OPEN SWIM 6:00-8:45 AM *registration required	OPEN SWIM 6:00-6:45 AM *registration required	OPEN SWIM 6:00-8:45 AM *registration required	
OPEN SWIM 8:00 AM-8:45 PM *registration required				AQUA FIT 7:00-7:45 AM Will		OPEN SWIM 8:00-8:45 AM *registration required
AQUA FIT 9:00-9:45 am Jennifer	SILVERSNEAKERS SPLASH® 9:00-9:45 AM Tammy	AQUA FIT 9:00-9:45 AM Amanda	SILVERSNEAKERS SPLASH® 9:00-9:45 AM Tammy	AQUA FIT 8:00-8:45 AM Lisa	AQUA FIT 9:00-9:45 AM Danielle	
				AQUA FIT 9:00 AM-9:45 AM Amanda		SWIM LESSONS 9:00 AM-1:00 PM
	OPEN SWIM 10:00 AM-11:45 AM *registration required	OPEN SWIM 10:00 AM-11:45 AM *registration required	AQUA FIT 10:00-10:45 AM Amanda	OPEN SWIM 10:00 AM-11:45 AM *registration required	AQUA FIT 10:00-10:45 AM Danielle	
OPEN SWIM 10:00 AM-2:45 PM *registration required			OPEN SWIM 11:00 AM-11:45 AM *registration required		OPEN SWIM 11:00 AM-11:45 AM *registration required	OPEN SWIM 1:00-4:45 PM *registration required
	POOL CLOSED 12:00-4:00 PM	POOL CLOSED 12:00-4:00 PM	POOL CLOSED 12:00-4:00 PM	POOL CLOSED 12:00-4:00 PM	POOL CLOSED 12:00-4:00 PM	
	OPEN SWIM 4:00-6:45 PM	OPEN SWIM 4:00-6:45 PM	OPEN SWIM 4:00-4:45 PM	OPEN SWIM 4:00-6:45 PM		
			SWIM LESSONS 5:00-7:15 PM		OPEN SWIM 4:00-8:45 PM	
	AQUA FIT 7:00-7:45 pm Jennifer	AQUA FIT 7:00-7:45 pm Will		AQUA FIT 7:00-7:45 pm Katie		
	OPEN SWIM 8:00-8:45 PM	OPEN SWIM 8:00-8:45 PM	AQUA FIT 7:15-8:00 PM Lisa	OPEN SWIM 8:00-8:45 PM		

**** Reservations for Open Swim are for 45 mins and are available at the top of each hour.****

****No Reservations required Monday-Friday from 4:00-8:00 pm***