

LAPLOCKPORT FAMILY YMCA
LAP POOL
 November 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	LANE SWIM (6 lanes) 5:00-9:00 AM	LANE SWIM (6 lanes) 5:00-9:00 AM	LANE SWIM (6 lanes) 5:00-8:00 AM	LANE SWIM (6 lanes) 5:00-7:00 AM	LANE SWIM (6 lanes) 5:00-9:00 AM		
LANE SWIM (6 Lanes) 7:00 AM-9:00 AM				Aqua Fit (1 lane) 7:00-7:45 AM		LANE SWIM (6 lanes) 7:00 AM – 9:00 AM	
LANE SWIM (5 Lanes) 9:00 AM-9:45 AM	LANE SWIM (5 lanes) 9:00-9:45 AM	LANE SWIM (5 lanes) 9:00 AM – 9:45 AM	LANE SWIM (5 lanes) 8:00 – 10:45 AM	LANE Swim (6 Lanes) 7:45 AM – 8:00 AM	LANE SWIM (5 lanes) 9:00 AM-10:45 AM	Swim Lessons (2 lanes) 9:00 AM – 2:00 PM	
LANE SWIM (6 Lanes) 10:00 AM-4:45 PM	Silver Sneakers Splash (1 lane) 9:00-9:45 AM	Aqua Fit (1 lane) 8:00 AM-9:45 AM	Aqua Fit (1 lane) 8:00-9:45 AM	Aqua Fit (1 lane) 8:00-10:45 AM	Aqua Fit (1 lane) 9:00-10:45 AM	LANE SWIM (4 lanes) 9:00 AM – 2:00 PM	
	LANE SWIM (6 lanes) 9:45 AM-5:00 PM	Deep Water Core Tammy (3 lanes) 10 AM-10:45 AM	LANE SWIM (6 lanes) 9:45 AM-5:00 PM	LANE SWIM (6 lanes) 10:45 AM-5:00 PM	LANE SWIM (6 lanes) 10:45 AM-5:00 PM	LANE SWIM (6 lanes) 10:45 AM-5:00 PM	LANE SWIM (6 lanes) 2:00-4:45 PM
		LANE SWIM (3 lanes) 10:00 AM-10:45 PM					
	LANE SWIM (3 lanes) SWIM LESSONS (1 lanes) FAMILY SWIM (2 LANES) 5:00 PM – 7:00 PM	LANE SWIM 10:45 AM-5:15 PM (6 lanes)	LANE SWIM (2 lanes) SWIM LESSONS (1 lanes) SWIM TEAM (3 LANES) 5:00 PM – 7:30 PM	LANE SWIM (3 lanes) SWIM TEAM (3 lanes) 5:15-7:00 PM	LANE SWIM (3 lanes) SWIM TEAM (3 lanes) AQUA FIT (1 lanes) 7:00 PM – 7:45 PM	LANE SWIM (3 lanes) SWIM TEAM (3 lanes) 5:15-7:00 PM	
		LANE SWIM (3 lanes) SWIM TEAM (3 lanes) 5:15-7:00 PM					
		LANE SWIM (2 lanes) SWIM TEAM (3 lanes) AQUA FIT (1 lanes) 7:00 PM – 7:45 PM					
LANE SWIM (5 lanes) 7:00 – 7:45 PM AQUA FIT (1 lane) 7:00 – 7:45 PM	LANE SWIM (3 lanes) SWIM TEAM (3 lanes) 7:45-8:30 PM	LANE SWIM (3 lanes) SWIM TEAM (3 LANES) 7:30 – 8:30 PM	LANE SWIM (3 lanes) SWIM TEAM (3 lanes) 7:45-8:30 PM				
LANE Swim (6 lanes) 7:45 PM – 9:45 PM	LANE SWIM (6 lanes) 8:30 PM – 9:45 PM	LANE SWIM (6 lanes) 8:30 PM – 9:45 PM	LANE SWIM (6 lanes) 8:30 PM – 9:45 PM	LANE SWIM (6 lanes) 8:30 PM – 9:45 PM	LANE SWIM (6 lanes) 8:30 PM – 9:45 PM		

Pools and pool deck area close at 9:45 PM M-F, 4:45 PM Sat & Sun.
 Individual swimming, water walking, and shared circle swimming per lane designations.
 Schedule subject to change. For more information please call (716) 434-888