

LOCKPORT FAMILY YMCA
FAMILY POOL
 January 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM 7:00-8:45 AM	OPEN SWIM (top of hour to 40-minute mark) 7:00-8:40 AM	OPEN SWIM (top of hour to 40-minute mark) 7:00-8:40 AM	OPEN SWIM (top of hour to 40-minute mark) 7:00-7:40 AM	AQUA FIT 7:00-7:45 AM Will	OPEN SWIM (top of hour to 40-minute mark) 7:00-8:40 AM	
AQUA FIT 9:00-9:45 AM Jennifer	SILVERSNEAKERS SPLASH® 9:00-9:45 AM Tammy	AQUA FIT 8:00 – 8:45 AM Amanda	AQUA FIT 8:00 - 8:45 AM Amanda	AQUA FIT 8:00-8:45 AM Amanda	AQUA FIT 9:00-9:45 AM Danielle	OPEN SWIM (continuous) 7:00-9:30 AM
		AQUA FIT 9:00 – 9:45 AM Amanda	SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy			
OPEN SWIM (continuous) 10:00-10:45 AM	OPEN SWIM (top of hour to 40-minute mark) 10:00 AM – 4:00 PM	OPEN SWIM (top of hour to 40-minute mark) 10:00-11:40 AM	OPEN SWIM (top of hour to 40-minute mark) 10:00 AM – 4:00 PM	AQUA FIT 9:00-9:45 AM Amanda	AQUA FIT 10:00-10:45 AM Danielle	POOL CLOSED SWIM LESSONS 9:00 AM-1:30 PM
				AQUA FIT 10:00-10:45 AM Danielle		
		POOL CLOSED 11:40 AM-4:00 PM		POOL CLOSED 11:40 AM-4:00 PM	OPEN SWIM (top of hour to 40-minute mark) 11:00-4:00 PM	OPEN SWIM (continuous) 1:30-4:45 PM
OPEN SWIM (continuous) 12:00-4:45 PM	OPEN SWIM (continuous) 4:00-6:45 PM	OPEN SWIM (continuous) 4:00-6:45 PM	OPEN SWIM (continuous) 4:00-4:45 PM	OPEN SWIM (continuous) 4:00-6:45 PM	OPEN SWIM (top of hour to 40-minute mark) 11:00-11:40 AM	
			POOL CLOSED SWIM LESSONS 5:00-7:45 PM			
	AQUA FIT 7:00-7:45 PM Jennifer	AQUA FIT 7:00-7:45 PM Will	OPEN SWIM 7:45-9:45 PM	AQUA FIT 7:00-7:45 PM Will	OPEN SWIM (continuous) 4:00-9:45 PM	
	OPEN SWIM (continuous) 8:00-9:45 PM	OPEN SWIM (continuous) 8:00-9:45 PM		OPEN SWIM (continuous) 8:00-9:45 PM		

Pool closed from 40-minute mark until top of each hour, with water fitness classes lasting until the 45-minute mark. Pool open continuously on weekday evenings and weekends. Pools and pool deck area close at 9:45 PM M-F, 4:45 PM Sat-Sun . Schedule subject to change.