

LOCKPORT FAMILY YMCA  
**LAP POOL**  
 January 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	<b>LANE SWIM</b> (6 lanes) 5:00-9:00 AM	<b>LANE SWIM</b> (6 lanes) 5:00-9:00 AM	<b>LANE SWIM</b> (6 lanes) 5:00-8:00 AM	<b>LANE SWIM</b> (6 lanes) 5:00-7:00 AM <b>Aqua Fit</b> (1 lane) 7:00-7:45 AM	<b>LANE SWIM</b> (6 lanes) 5:00-9:00 AM			
<b>LANE SWIM</b> (6 Lanes) 7:00 AM-9:00 AM						<b>LANE SWIM</b> (6 lanes) 7:00 AM – 9:00 AM		
<b>LANE SWIM</b> (5 Lanes) 9:00 AM-9:45 AM	<b>LANE SWIM</b> (5 lanes) 9:00 – 9:45 AM	<b>LANE SWIM</b> (5 lanes) 9:00 AM – 9:45 AM	<b>LANE SWIM</b> (5 lanes) 8:00 – 10:45 AM	<b>LANE Swim</b> (6 Lanes) 7:45 AM – 8:00 AM	<b>LANE SWIM</b> (5 lanes) 9:00 AM-10:45 AM	<b>Swim Lessons</b> (2 lanes) 9:00 AM – 2:00 PM		
<b>LANE SWIM</b> (6 Lanes) 10:00 AM-4:45 PM	<b>Silver Sneakers Splash</b> (1 lane) 9:00-9:45 AM	<b>Aqua Fit</b> (1 lane) 8:00 AM-9:45 AM	<b>Aqua Fit</b> (1 lane) 8:00-9:45 AM	<b>Aqua Fit</b> (1 lane) 8:00-10:45 AM	<b>Aqua Fit</b> (1 lane) 9:00-10:45 AM	<b>LANE SWIM</b> (4 lanes) 9:00 AM – 2:00 PM		
	<b>LANE SWIM</b> (6 lanes) 9:45 AM-5:00 PM	<b>Deep Water Core</b> Tammy (3 lane) 10 AM-10:45 AM	<b>LANE SWIM</b> (6 lanes) 9:45 AM-5:00 PM	<b>LANE SWIM</b> (6 lanes) 10:45 AM-5:00 PM	<b>LANE SWIM</b> (6 lanes) 10:45 AM-5:00 PM	<b>LANE SWIM</b> (6 lanes) 10:45 AM-5:00 PM	<b>LANE SWIM</b> (6 lanes) 2:00-4:45 PM	
		<b>LANE SWIM</b> (6 lanes) 10:45 AM-5:30 PM						
	<b>LANE SWIM</b> (3 lanes) <b>SWIM LESSONS</b> (1 lanes) <b>FAMILY SWIM</b> (2 LANES) 5:00 PM – 7:00 PM	<b>LANE SWIM</b> (3 lanes) <b>SWIM TEAM</b> (3 lanes) 5:15-7:00 PM	<b>LANE SWIM</b> (2 lanes) <b>SWIM TEAM</b> (3 LANES) 5:00 PM – 7:30 PM	<b>LANE SWIM</b> (3 lanes) <b>SWIM TEAM</b> (3 LANES) 7:30 – 8:30 PM	<b>LANE SWIM</b> (3 lanes) <b>SWIM TEAM</b> (3 lanes) 7:45-8:30 PM	<b>LANE SWIM</b> (3 lanes) <b>SWIM TEAM</b> (3 lanes) 7:45-8:30 PM		
								<b>LANE SWIM</b> (2 lanes) <b>SWIM TEAM</b> (3 lanes) <b>AQUA FIT</b> (1 lanes) 7:00 PM – 7:45 PM
	<b>LANE SWIM</b> (5 lanes) 7:00 – 7:45 PM <b>AQUA FIT</b> (1 lane) 7:00 – 7:45 PM	<b>LANE SWIM</b> (3 lanes) <b>SWIM TEAM</b> (3 lanes) 7:45-8:30 PM						
	<b>LANE Swim</b> (6 lanes) 7:45 PM – 9:45 PM	<b>LANE SWIM</b> (6 lanes) 8:30 PM – 9:45 PM	<b>LANE SWIM</b> (6 lanes) 8:30 PM – 9:45 PM	<b>LANE SWIM</b> (6 lanes) 8:30 PM – 9:45 PM	<b>LANE SWIM</b> (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) 434-8887