



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>Lane Swim</b> (6 lanes) 5:00-9:00 AM	
<b>Lane Swim</b> (6 Lanes) 7:00 AM-9:00 AM				<b>Aqua Fit</b> (1 lane) 7:00-7:45 AM		<b>Lane Swim</b> (6 lanes) 7:00 AM – 9:00 AM
<b>Lane Swim</b> (5 Lanes) <b>AQUA FIT</b> (1 lane) 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> (4 lanes) 9:00 AM – 2:00 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>SILVERSNEAKERS SPLASH®</b> (1 lane) 8:00-8:45 AM <b>Aqua Fit</b> (1 lane) 9:00-10:45 AM	<b>Aqua Fit</b> (1 lane) 9:00-10:45 AM	
<b>Lane Swim</b> (6 Lanes) 10:00 AM-4:45 PM	<b>Lane Swim</b> (6 lanes) 9:45 AM-5:00 PM	<b>Deep Water Core</b> Tammy (3 lanes) 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-6:00 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> (4 lanes) <b>Swim Lessons</b> (2 lanes) 5:00 PM – 7:00 PM	<b>Lane Swim</b> (4 lanes) <b>Swim Conditioning</b> (2 lanes) 5:30-6:00 PM				
<b>Swim Conditioning</b> <b>Lane Swim</b> (2 lanes each) <b>Aqua Board Yoga</b> (2 lanes) 6:00 – 6:30 PM		<b>Lane Swim</b> (6 lanes) <b>AQUA FIT</b> (1 lanes) 7:00 – 7:45 PM				
<b>Lane Swim</b> (3 lanes) <b>AQUA FIT</b> (1 lane) <b>Swim Lessons</b> (2 lanes) 7:00 – 7:45 PM	<b>Lane Swim</b> (4 lanes) <b>Aqua Board Yoga</b> (2 lanes) 6:30 – 7:00 PM		<b>Lane Swim</b> (6 lanes) 8:00 PM – 9:45 PM	<b>Lane Swim</b> (6 lanes) 7:45 PM – 9:45 PM		
	<b>Lane Swim</b> (5 lanes) <b>Aqua Fit</b> (1 lanes) 7:00 – 7:45 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				

Pools and pool deck area close at 9:45 PM M-F, 4:45 PM Sat & Sun.

Schedule subject to change. For more information please call (716) 434-8887

LOCKPORT FAMILY YMCA  
**FAMILY POOL**  
 May 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN SWIM</b> 5:00-9:00 AM	<b>OPEN SWIM</b> (top of hour to 40-minute mark) 6:00-8:40 AM	<b>OPEN SWIM</b> (top of hour to 40-minute mark) 6:00-8:40 AM	<b>OPEN SWIM</b> (top of hour to 40-minute mark) 6:00-7:40 AM	<b>AQUA FIT</b> 6:00-7:45 AM Will	<b>OPEN SWIM</b> (top of hour to 40-minute mark) 6:00-8:40 AM	
<b>AQUA FIT</b> (2/3 of pool) 9:00-9:45 AM Jennifer ( <i>Danielle 5/21</i> ) <b>Open Swim</b> (1/3 of pool)	<b>SILVER Sneakers SPLASH®</b> 9:00-9:45 AM Tammy	<b>SILVER Sneakers SPLASH®</b> 8:00 – 8:45 AM Amanda	<b>AQUA FIT</b> 8:00 - 8:45 AM Amanda		<b>AQUA FIT</b> 9:00-9:45 AM Danielle	<b>OPEN SWIM</b> (continuous) 7:00-9:00 AM
<b>OPEN SWIM</b> (continuous) 10:00-4:45 PM  <b>Splash Pad Closed</b> 11:00 AM – 12 PM And 1:30 PM – 2:30 PM	<b>OPEN SWIM</b> (top of hour to 40-minute mark) 10:00 AM – 4:00 PM	<b>OPEN SWIM</b> (top of hour to 40-minute mark) 10:00 AM – 4:00 PM	<b>OPEN SWIM</b> (top of hour to 40-minute mark) 10:00 AM – 4:00 PM	<b>AQUA FIT</b> 9:00-9:45 AM Amanda	<b>AQUA FIT</b> 10:00-10:45 AM Danielle	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (continuous) (1/3 of pool) 9:00 AM-1:30 PM
	<b>OPEN SWIM</b> (continuous) 4:00-5:00 PM			<b>AQUA FIT</b> 10:00-10:45 AM Danielle	<b>OPEN SWIM</b> (top of hour to 40-minute mark) 11:00-4:00 PM	
	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (continuous) (1/3 of pool) 5:00-6:45 PM	<b>OPEN SWIM</b> (continuous) 4:00-6:45 PM	<b>OPEN SWIM</b> (continuous) 4:00-5:00 PM	<b>OPEN SWIM</b> (continuous) 4:00-6:45 PM	<b>OPEN SWIM</b> (continuous) 4:00-9:45 PM	<b>OPEN SWIM</b> (continuous) 1:30-4:45 PM
	<b>AQUA FIT</b> (2/3 of pool) 7:00-7:45 PM Jennifer ( <i>Danielle 5/15 &amp; 5/22</i> )	<b>AQUA FIT</b> (2/3 of pool) Will <b>Open Swim</b> (1/3 of pool) 7:00-7:45 PM	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (continuous) (1/3 of pool) 5:00-7:45 PM			<b>AQUA FIT</b> (2/3 of pool) Will <b>Open Swim</b> (1/3 of pool) 7:00-7:45 PM
	<b>OPEN SWIM</b> (whole pool) 8:00-9:45 PM	<b>OPEN SWIM</b> (continuous) 8:00-9:45 PM	<b>OPEN SWIM</b> (whole pool) 7:45-9:45 PM	<b>OPEN SWIM</b> (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.