

LOCKPORT FAMILY YMCA
FAMILY POOL
 September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM 7:00-9:00 AM	OPEN SWIM (top of hour to 40-min. mark) 6:00-8:40 AM	OPEN SWIM (top of hour to 40-min. mark) 6:00-7:40 AM	OPEN SWIM (top of hour to 40-min. mark) 6:00-7:40 AM	OPEN SWIM (top of hour to 40-min. mark) 6:00-6:40 AM	OPEN SWIM (top of hour to 40-min. mark) 6:00-8:40 AM	
AQUA FIT (2/3 of pool) 9:00-9:45 AM Jennifer Open Swim (1/3 of pool)	SILVERSNEAKERS SPLASH® 9:00-9:45 AM Tammy (Danielle 7/31)	Aqua Fit (May be in family or lap pool) 8:00 – 8:45 AM Allison	AQUA FIT 8:00 - 8:45 AM Amanda	AQUA FIT 7:00-7:45 AM Will	AQUA FIT 9:00-9:45 AM Danielle	OPEN SWIM 7:00-9:00 AM
OPEN SWIM 10:00-5:45 PM Splash Pad Closed 11:00 AM – 12 PM And 1:30 PM – 2:30 PM	AQUA FIT 10:00-10:45 AM Danielle	OPEN SWIM 10:00 AM-10:40 AM	OPEN SWIM (top of hour to 40-min. mark) 10:00 AM – 4:15 PM	AQUA FIT 9:00-9:45 AM Amanda	AQUA FIT 10:00-10:45 AM Danielle	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 9:00 AM-1:30 PM
	OPEN SWIM (top of hour to 40-min. mark) 11:00 AM – 4:15 PM	POOL CLOSED 12:00 – 4:15 PM	OPEN SWIM (continuous) 4:15 - 5:00 PM	OPEN SWIM 11:00-12:00 PM	OPEN SWIM (top of hour to 40-min. mark) 11:00 AM – 4:15 PM	OPEN SWIM 1:30-7:45 PM
	OPEN SWIM (continuous) 4:15 - 5:00 PM			POOL CLOSED 12:00 – 4:15 PM	OPEN SWIM (continuous) 4:15 – 6:00 PM	
	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool, splash pad open) 5:00-6:45 PM	OPEN SWIM 4:15 PM – 7:00 PM	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 5:00-7:45 PM	OPEN SWIM 4:15-7:00 PM	OPEN SWIM (1/3 of pool) 6:00-6:45 PM	
	AQUA FIT (2/3 of pool) Jennifer SWIM LESSONS (1/3 of pool) 7:00-7:45 PM	AQUA FIT (2/3 of pool) Danielle (Katie 9/5) Open Swim (1/3 of pool) 7:00-7:45 PM		AQUA FIT (2/3 of pool) Substitutes TBD: No Class 9/7 Open Swim (1/3 of pool) 7:00-7:45 PM	Aqua Fit Theme Party: ABBA (2/3 of pool) (Class last Fri. of Month, with different themes)	
	OPEN SWIM 7:45-9:45 PM	OPEN SWIM 7:45-9:45 PM	OPEN SWIM 7:45-9:45 PM	OPEN SWIM 7:45 –9:45 PM	OPEN SWIM (continuous) 6:45 PM -9:45 PM	

Pool may be closed weekday mornings and afternoons from 40-minute mark until top of each hour.

Pool open continuously weekdays after 4:15 and weekends.

Pools and pool deck area close at 9:45 PM M-F, 7:45 PM Sat, 5:45 PM Sun. Schedule subject to change.