

LAPLOCKPORT FAMILY YMCA
LAP POOL
 September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lane Swim (6 lanes) 5:00-8:00 AM	Lane Swim (6 lanes) 5:00-8:00 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) AQUA FIT (1 lane) 9:00 AM-9:45 AM	Lane Swim (5 lanes) 8:00 – 10:40 AM	Lane Swim (5 lanes) 8:00 AM – 10:00 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 (4 lanes) 9:00 AM – 2:00 PM
	Water Fitness Classes 8:00-10:45 AM (1 lane)	Aqua Fit (May be in family or lap pool) (3 lanes) 8:00 – 8:45 AM Allison	Aqua Fit (1 lane) 8:00-9:45 AM	Aqua Fit (May be in family or lap pool) (3 lanes) 8:00 – 8:45 AM Allison	Aqua Fit (1 lane) 9:00 -10:45 AM	
		Deep Water Core Tammy (3 lanes) Tammy 10 AM-10:45 AM				
Lane Swim (4 Lanes) Aqua Board Open Use 10:00 AM-12:00 PM	Lane Swim (6 lanes) 10:45 – 5:00 PM	Lane Swim (6 lanes) 10:45 – 5:15 PM	Lane Swim (6 lanes) 9:45 AM-5:00 PM	Lane Swim (6 lanes) 10:45 AM-5:15 PM	Lane Swim (6 lanes) 10:45 AM-5:15 PM	Lane Swim (6 lanes) 2:00-7:45 PM
	Lane Swim (4 lanes) Swim Lessons (2 lanes) 5:00 PM – 8:15 PM	Swim Team (3 lanes) 5:15-8:30 PM	Lane Swim (2 lanes) Swim Team (3 Lanes) Swim Lessons (1 lane) 5:00 PM – 8:30 PM	Lane Swim (3 lanes) Swim Team (3 Lanes) 5:00 PM – 8:30 PM	Lane Swim (3 lanes) Swim Team (3 Lanes) 5:00 PM – 8:30 PM	
		Lane Swim (3 lanes) 5:15 PM – 6:00 PM				
Lane Swim (6 Lanes) 12:00 PM – 5:45 PM	Lane Swim (6 lanes) 8:15 PM – 9:45 PM	Aqua Board Yoga (2 lanes) Danielle 6:15 – 7:00 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 (3 lanes) 7:00 – 8:30 PM				
		Lane Swim (6 lanes) 8:30 – 9:45 PM				

Pools and pool deck area close at 9:45 PM M-F, 7:45 PM Sat & 5:45 PM Sun. Schedule subject to change. For more information please call (716) 434-8887