

LOCKPORT FAMILY YMCA  
**FAMILY POOL**  
 November 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN SWIM</b> 7:00-9:00 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:00-8:40 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:00-7:40 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:00-7:40 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:00-6:40 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:00-8:40 AM	
<b>AQUA FIT</b> (2/3 of pool) 9:00-9:45 AM Jennifer <b>Open Swim</b> (1/3 of pool)	<b>SILVERSNEAKERS SPLASH®</b> 9:00-9:45 AM Tammy	<b>Aqua Fit</b> (May be in family or lap pool) 8:00 – 8:45 AM Allison	<b>AQUA FIT</b> 8:00 - 8:45 AM Amanda	<b>AQUA FIT</b> 7:00-7:45 AM Will <b>No class 11/9 and 11/16</b>	<b>AQUA FIT</b> 9:00-9:45 AM Danielle	<b>OPEN SWIM</b> 7:00-9:00 AM
<b>OPEN SWIM</b> 10:00-5:45 PM <b>Splash Pad Closed 11:00 AM – 12 PM</b> <b>And 1:30 PM – 3:30 PM</b>	<b>AQUA FIT</b> 10:00-10:45 AM Danielle	<b>OPEN SWIM</b> 10:00 AM-10:40 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 10:00 AM – 11:40 AM	<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> (1/3 of pool) 9:00 AM-1:30 PM
	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 11:00 AM – 11:40 AM	<b>Water Movement for Arthritis</b> 11:00 AM – 11:45 AM Tammy	<b>POOL CLOSED</b> 11:40 – 4:15 PM	<b>AQUA FIT</b> 10:00-10:45 AM Danielle	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 11:00 AM – 3:40 PM	<b>OPEN SWIM</b> (1/3 of pool) 9:00 AM-1:30 PM
	<b>POOL CLOSED</b> 11:40 – 4:15 PM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 12:00 PM-3:40 PM	<b>OPEN SWIM</b> (continuous) 4:15 - 5:00 PM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 11:00-3:40 PM	<b>OPEN SWIM</b> (continuous) 4:15 – 6:00 PM	<b>OPEN SWIM</b> 1:30-7:45 PM
	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (1/3 of pool, splash pad open) 5:00-6:45 PM	<b>OPEN SWIM</b> (continuous) 4:15 PM – 7:00 PM	<b>OPEN SWIM</b> (continuous) 4:15 - 5:00 PM	<b>OPEN SWIM</b> (continuous) 4:15-7:00 PM	<b>OPEN SWIM</b> (1/3 of pool) 6:00-6:45 PM	
	<b>AQUA FIT</b> (2/3 of pool) Jennifer <b>SWIM LESSONS</b> (1/3 of pool) 7:00-7:45 PM	<b>AQUA FIT</b> (2/3 of pool) Will (Allison 11/7) <b>No class 11/14</b> <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> (1/3 of pool) 5:00-7:45 PM	<b>AQUA FIT</b> (2/3 of pool) Will (Katie 11/16) <b>No Class 11/9</b> <b>Open Swim</b> (1/3 of pool) 7:00-7:45 PM	<b>Aqua Fit Theme Party:</b> 11/17 only <b>COUNTRY MUSIC HITS</b> (2/3 of pool) (Class 1x per Month, with different themes)	
	<b>OPEN SWIM</b> 7:45-9:45 PM	<b>OPEN SWIM</b> 7:45-9:45 PM	<b>OPEN SWIM</b> 7:45-9:45 PM	<b>OPEN SWIM</b> 7:45 –9:45 PM	<b>OPEN SWIM</b> (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.