

LOCKPORT FAMILY YMCA  
**LAP POOL**  
 November 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Lane Swim</b> (6 lanes) 5:00-8:00 AM	<b>Lane Swim</b> (6 lanes) 5:00-8:00 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) 8:00 – 10:40 AM	<b>Lane Swim</b> (5 lanes) 8:00 AM – 10:00 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>Water Fitness Classes</b> 8:00-10:45 AM (1 lane)	<b>Aqua Fit</b> (May be in family or lap pool) (3 lanes) 8:00 – 8:45 AM Allison	<b>Aqua Fit</b> (1 lane) 8:00-9:45 AM	<b>Aqua Fit</b> (May be in family or lap pool) (3 lanes) 8:00 – 8:45 AM Allison	<b>Aqua Fit</b> (1 lane) 9:00 -10:45 AM	
		<b>Deep Water Core</b> Tammy (3 lanes) Tammy 10 AM-10:45 AM				
<b>Lane Swim</b> (4 Lanes) <b>Aqua Board</b> <b>Open Use</b> 10:00 AM-12:00 PM	<b>Lane Swim</b> (6 lanes) 10:45 – 5:00 PM	<b>Lane Swim</b> (6 lanes) 10:45 – 5:15 PM	<b>Lane Swim</b> (6 lanes) 9:45 AM-5:00 PM	<b>Lane Swim</b> (6 lanes) 10:45 AM-5:15 PM	<b>Lane Swim</b> (6 lanes) 10:45 AM-5:15 PM	<b>Lane Swim</b> (6 lanes) 2:00-7:45 PM
	<b>Lane Swim</b> (4 lanes) <b>Swim Lessons</b> (2 lanes) 5:00 PM – 8:15 PM	<b>Swim Team</b> (3 lanes) 5:15-8:30 PM	<b>Lane Swim</b> (2 lanes) <b>Swim Team</b> (3 Lanes) <b>Swim Lessons</b> (1 lane) 5:00 PM – 8:30 PM	<b>Lane Swim</b> (3 lanes) <b>Swim Team</b> (3 Lanes) 5:00 PM – 8:30 PM	<b>Lane Swim</b> (3 lanes) <b>Swim Team</b> (3 Lanes) 5:00 PM – 8:30 PM	
		<b>Lane Swim</b> (3 lanes) 5:15 PM – 6:00 PM				
<b>Lane Swim</b> (6 Lanes) 12:00 PM – 5:45 PM	<b>Lane Swim</b> (6 lanes) 8:15 PM – 9:45 PM	<b>Aqua Board Yoga</b> (2 lanes) Danielle (Erin G, 11/14) 6:15 – 7:00 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> (3 lanes) 7:00 – 8:30 PM				
		<b>Lane Swim</b> (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