

LOCKPORT FAMILY YMCA
LAP POOL
 March 3rd – March 30th 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 6L 7:00 - 9:00 AM	Open Swim 6L 5:00 - 8:00 AM	Open Swim 6L 5:00 - 10:00 AM	Open Swim 6L 5:00 - 7:00 AM	Open Swim 6L 5:00 - 8:00 AM	Open Swim 6L 5:00 - 9:00 AM	Open Swim 6L 7:00 – 9:00 AM
Open Swim 5L 9:00-10:00 AM Swim Lessons 1L 9:00-11AM	Open Swim 5L 8:00 – 9:45 AM		Open Swim 5L Aqua Fit 1L 7:00 – 7:45 AM		Open Swim 5L Aqua Fit 1L 9:00 - 10:45 AM	Open Swim 5L Aqua Fit 1L 9:00 – 10:45 AM
	Open Swim 6L 9:45 AM - 5:00 PM	Open Swim 3L Deep Water Core 3L 10:00 - 10:45 AM	Open Swim 6L 7:45 - 5:00 PM	Open Swim 6L 10:45 - 5:00 PM	Open Swim 6L 10:45 - 5:00 PM	
Open Swim 6L 10:00 - 5:45 PM *The Aquatics Center will close at 5pm on Sunday March 24th for Staff Training	Open Swim 4L Swim Lessons 2L 5:00 PM – 8:15 PM	Open Swim 6L 10:45 – 5:15 PM				Open Swim 2L Swim Team 3L Swim Lessons 1L 5:00 PM – 8:30 PM
		Open Swim 4L Swim Team 2L 5:15 - 6:15 PM	Open Swim 6L 8:15 PM – 9:45 PM	Open Swim 6L 8:30 PM – 9:45 PM	Open Swim 6L 8:30 – 9:45 PM	
	Open Swim 2L Swim Team 2L Aqua Board Yoga 2L 6:15 – 7:00 PM	Open Swim 6L 8:30 – 9:45 PM				
	Open Swim 3L Swim Team 3L 7:00 – 8:30 PM					
	Open Swim 6L 8:30 – 9:45 PM					

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