

LOCKPORT FAMILY YMCA
LAP POOL
 April 7th – April 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	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 4L Swim Lessons 2L 9:00 - 2:00 PM
Swim Lessons 1L 9:00-11AM	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 5L Aqua Fit 1L 9:00 - 10:45 AM	Open Swim 6L 10:45 - 9:45 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 6L 10:45 - 5:15 PM				Open Swim 6L 5:15 - 6:15 PM
	Open Swim 4L Swim Lessons 2L 5:00 PM - 8:15 PM	Open Swim 4L Aqua Board Yoga 2L 6:15 - 7:00 PM	Open Swim 6L 8:30 PM - 9:45 PM			
	Open Swim 6L 8:15 PM - 9:45 PM	Open Swim 6L 7:00 - 9:45 PM				

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