

\*Pool may be closed weekday mornings and afternoons from the 40-minute mark until the top of each hour.

**LOCKPORT FAMILY YMCA**  
**FAMILY POOL**  
 May 1st– May31<sup>st</sup>,2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN SWIM</b> 7:00 AM - 9:00 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:30 AM- 8:40 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:30 AM - 8:40 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:30 AM - 7:00 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:30 AM - 7:40 AM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 6:30 AM - 8:40 AM	<b>OPEN SWIM</b> 7:00 - 9:00 AM
<b>AQUA FIT</b> (2/3 of pool) 9:00 - 9:45 AM Jennifer <b>Swim Lessons</b> (1/3 of pool) 9:45-12 PM <b>Open Swim</b> (1/3 of pool)	<b>AQUA FIT</b> 8:00 - 8:45 AM Allison  <b>SILVERSNEAKERS SPLASH®</b> 9:00 - 9:45 AM Tammy	<b>AQUA FIT</b> 9:00 - 9:45 AM Amanda	<b>AQUA FIT</b> 7:00 - 7:45 AM Will T	<b>AQUA FIT</b> 8:00-8:45 AM Amanda	<b>AQUA FIT</b> 9:00 - 9:45 AM Danielle	
<b>OPEN SWIM</b> 10:00-5:45 PM (1/3 of pool)  <b>Splash Pad Closed for Birthday Parties</b> 11:00 - 12 PM And 1:30 - 3:30 PM	<b>AQUA FIT</b> 10:00 - 10:45 AM Danielle		<b>OPEN SWIM</b> 10:00 - 10:40 AM  <b>Water Movement for Arthritis</b> 11:00 - 11:45 AM Tammy		<b>SILVERSNEAKERS SPLASH®</b> 9:00 - 9:45 AM Tammy	<b>AQUA FIT</b> 10:00 - 10:45 AM Danielle
	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 11:00 - 4:15 PM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 12:00 - 4:15 PM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 10:00 - 4:15 PM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 11:00 - 4:15 PM	<b>OPEN SWIM</b> (top of hour to 40-min. mark) 11:00 - 4:15 PM	
	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (1/3 of pool, splash pad open) 4:15 - 6:45 PM	<b>OPEN SWIM</b> (continuous) 4:15 - 7:00 PM	<b>OPEN SWIM</b> (2/3 of pool) 4:15 - 7:45 PM	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (1/3 of pool) 4:15 - 7:45 PM	<b>AQUA FIT</b> (1/3 of pool) 7:00-7:45P Will T	<b>OPEN SWIM</b> (continuous) 4:15 - 8:30 PM
<b>*The Aquatics Center will close at 5pm on Sunday, May 26th for Staff Training.</b>	<b>AQUA FIT</b> (2/3 of pool) 7:00-7:45 PM Jennifer <b>SWIM LESSONS</b> (1/3 of pool) 7:00 - 7:45 PM	<b>AQUA FIT</b> (2/3 of pool) Will T  <b>Open Swim</b> (1/3 of pool) 7:00 - 7:45 PM	<b>OPEN SWIM</b> 7:45 - 8:30 PM	<b>OPEN SWIM</b> 7:45 PM - 8:30 PM	<b>OPEN SWIM</b> (continuous) 4:15 - 8:30 PM	
	<b>OPEN SWIM</b> 7:45 - 8:30 PM	<b>OPEN SWIM</b> 7:45 - 8:30 PM				<b>OPEN SWIM</b> 1:30 - 7:45PM

