

LOCKPORT FAMILY YMCA
LAP POOL
 May 1st – May 31st, 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 - 10:45 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 10:45 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 May 26th 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 10:45 - 9:45 PM | | | |
| | Open Swim 6L 8:15 PM - 9:45 PM | Open Swim 6L 7:00 - 9:45 PM | | Open Swim 6L 2:00 - 7:45 PM | | |
| | Open Swim 6L 7:00 - 9:45 PM | Open Swim 6L 8:30 PM - 9:45 PM | Open Swim 6L 10:45 - 9:45 PM | | | |

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