

LOCKPORT FAMILY YMCA
LAP POOL
 September 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 Aqua Fit 1L 8:00 - 10:45 AM	Aqua Fit 1L Open Swim 5L 9:00 - 10:00 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 8:00 - 10:45 AM	Open Swim 6L 10:45 - 5:15 PM	
Open Swim 6L 11:00 - 5:45 PM *The Aquatics Center will close at 5pm on Sunday Sept 29th for Staff Training		Open Swim 6L 10:45 - 5:00 PM		Open Swim 6L 10:45 - 5:15 PM	Open Swim 3L Swim Team 3L 5:15 - 8:30 PM	Open Swim 6L 2:00 - 7:45 PM
	Swim Lessons 1L Swim Team 3L Open Swim 2L 5:00 PM - 8:30 PM	Open Swim 6L 5:00 - 7:00 PM	Swim Lessons 1L Swim Team 3L Open Swim 2L 5:00 PM - 8:30 PM	Open Swim 3L Swim Team 3L 5:15 - 7:00PM	Open Swim 2L Swim Team 2L Deep Water Core 2L 7:00 - 7:45 PM	
	Open Swim 6L 8:30 PM - 9:45 PM	Open Swim 4L Aqua Board Yoga 2L 7:00 - 7:45 PM	Open Swim 6L 8:30 PM - 9:45 PM	Open Swim 2L Swim Team 2L Deep Water Core 2L 7:00 - 7:45 PM	Open Swim 6L 7:45 - 9:45 PM	

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

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

LOCKPORT FAMILY YMCA
FAMILY POOL
 September 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM 7:00 AM - 9:00 AM	OPEN SWIM 6:30 AM- 7:45 AM		OPEN SWIM 6:30 AM – 7:00 AM		OPEN SWIM 6:30 AM - 8:45 AM	
AQUA FIT (2/3 of pool) 9:00 - 9:45 AM Jennifer Swim Lessons (1/3 of pool) 9:45-12 PM Open Swim (1/3 of pool)	AQUA FIT 8:00 - 8:45 AM Allison	OPEN SWIM 6:30 AM – 9:00AM	AQUA FIT 7:00 - 7:45 AM Will T	OPEN SWIM 6:30 AM – 8:00 AM	AQUA FIT 9:00 - 9:45 AM Danielle	OPEN SWIM 7:00 - 9:00 AM
	SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy	AQUA FIT 9:00 - 9:45 AM Amanda		AQUA FIT 8:00 - 8:45 AM Allison		
OPEN SWIM 10:00-5:45 PM (1/2 of pool) Splash Pad Closed for Birthday Parties 11:30 – 12 PM 1:00 – 2:00 PM 2:30 – 3:30 PM	AQUA FIT 10:00 - 10:45 AM Danielle	OPEN SWIM 10:00 – 11:00 AM Water Movement for Arthritis (Starts 9/10) 11:00 – 11:45 AM Tammy	SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy	Aqua Fit 9:00 – 9:45 AM Danielle	AQUA FIT 10:00 - 10:45 AM Danielle	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 9:00 - 1:30 PM
	OPEN SWIM 10:45 – 4:15 PM	OPEN SWIM 12:00 – 4:15 PM	OPEN SWIM 10:00 – 4:15 PM	Open Swim 9:45 – 6:00 PM	OPEN SWIM 10:45 – 4:15 PM	
	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool, splash pad open) 4:15 – 6:45 PM		OPEN SWIM 4:15 – 6:15 PM	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 4:15 - 7:45 PM	Water Movement for Arthritis (1/3 of pool) 6:00-6:45P Tammy OPEN SWIM (1/3 of pool, splash pad open) 6:00 – 6:45 PM	
*The Aquatics Center will close at 5pm on Sunday, Sept 29th for Staff Training.	AQUA FIT (2/3 of pool) 7:00-7:45 PM Jennifer SWIM LESSONS (1/3 of pool) 7:00 - 7:45 PM	AQUA FIT (2/3 of pool) Danielle Open Swim (1/3 of pool) 6:15 - 7:00 PM		OPEN SWIM 6:45 PM – 8:30 PM	OPEN SWIM 4:15 – 8:30 PM	OPEN SWIM 1:30 – 7:45PM
	OPEN SWIM 7:45 – 8:30 PM	OPEN SWIM 7:00 – 8:30 PM	OPEN SWIM 7:45 - 8:30 PM			