

LOCKPORT FAMILY YMCA
LAP POOL
 January 2025



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 - 9:00 AM Aqua Fit 1L Open Swim 5L 9:00 - 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 Aqua Fit 1L 8:00 - 10:45 AM	Open Swim 3L Deep Water Core 3L 10:00 - 10:45 AM	Open Swim 5L Aqua Fit 1L 7:00 - 7:45 AM	Open Swim 5L Aqua Fit 1L 8:00 -9:45 AM	Open Swim 5L Aqua Fit 1L 9:00 - 10:45 AM	Open Swim 4L Swim Lessons 2L 9:00 - 2:00 PM
Open Swim 6L 11:00 - 5:45 PM *The Aquatics Center will close at 5pm on Sunday, January 26th for Staff Training	Open Swim 6L 10:45 AM - 5:00 PM	Open Swim 6L 10:45 - 6:15 PM	AQUA FIT 1L 9:00-9:45am	Open Swim 6L 10:45 - 5:15 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 10:45 - 5:15 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 6:15 - 7:00 PM	Swim Lessons 1L Swim Team 3L Open Swim 2L 5:00 PM - 8:30 PM		Open Swim 6L 10:45 - 5:15 PM	
	Open Swim 6L 8:30 PM - 9:45 PM	Open Swim 6L 7:00 - 9:45 PM	Open Swim 6L 8:30 PM - 9:45 PM		Open Swim 6L 7:45 - 9:45 PM	

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