

LOCKPORT FAMILY YMCA
LAP POOL
 May 4th-June 28th,2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 6L 7:00 - 9:00 AM	Open Swim 6L 5:00 - 7:45 AM	Open Swim 6L 5:00 - 9:00 AM	Open Swim 6L 5:00 - 7:00 AM	Open Swim 6L 5:00 - 9:00 AM	Open Swim 6L 5:00 - 9:00 AM	Open Swim 6L 7:00 – 9:00 AM
		Open Swim 5L Aqua Fit 1L 9:00 – 10:00 AM				
Open Swim 4L 9:00-10:00 AM	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 6L 8:45 – 5:00 PM	Open Swim 5L Aqua Fit 1L 9:00 -9:45 AM	Open Swim 6L 9:45 AM – 9:45 PM	Open Swim 4L Swim Lessons 2L 9:00 – 2:00 PM
Swim Lessons 2L 9:00-12PM	Open Swim 6L 10:45 AM - 5:00 PM	Open Swim 6L 10:45 – 5:00 PM		Open Swim 6L 10:45 – 5:00 PM		Open Swim 4L Swim Team 2L 5:00 – 7:00PM
		Swim Lessons 1L Open Swim 5L 5:00 PM – 8:30 PM	Swim Team 2L Open Swim 4L 5:00-7:00PM	Swim Lessons 1L Open Swim 5L 5:00 PM – 8:30 PM		
	*The Aquatics Center will close at 5pm on Sunday, May 18 th & June 29th for Staff Training					Open Swim 6L 8:30 PM – 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
 May 4th-June 28th 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
OPEN SWIM 7:00 - 9:00 AM	OPEN SWIM 6:30 – 7:45 AM	OPEN SWIM 6:30 AM – 8:45 AM	OPEN SWIM 6:30 – 7:00 AM	OPEN SWIM 6:30 – 8:45 AM	OPEN SWIM 6:30 – 8:45 AM	OPEN SWIM 7:00 - 9:00 AM	
AQUA FIT (2/3 of pool) 9:00 - 9:45 AM Jennifer	AQUA FIT 8:00-8:45 AM Allison		AQUA FIT 7:00 - 7:45 AM Will T		OPEN SWIM 10:45 AM – 6:00PM		AQUA FIT 9:00 - 9:45 AM Amanda
SWIM LESSONS (½ of pool) 9:45-12:00 PM	Aquatics Strength And Stretch 9:00 - 9:45 AM Allison		AQUA FIT 8:00-8:45 AM Amanda/Allison				
OPEN SWIM 1:00-5:45 PM (⅓ of pool) Splash Pad Closed for Birthday Parties 1:30 – 2:30 PM 3:00 – 4:00 PM	AQUA FIT 10:00-10:45 AM Allison	WATER MOVEMENT FOR ARTHRITIS 10:00 – 10:45 AM Tammy	SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy	OPEN SWIM 10:45 – 8:30 PM	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 10:00 – 4:15 PM			OPEN SWIM 10:45 AM – 6:00PM	
	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool, splash pad open) 4:15 – 6:45 PM	OPEN SWIM 10:45 AM – 6:15 PM					Aqua Fit (⅔ of pool) 6:00-6:45 PM Tammy
*The Aquatics Center will close at 5pm on Sunday, May18th & June 29th for Staff Training.	AQUA FIT (2/3 of pool) Jennifer	AQUA FIT (2/3 of pool) Allison	OPEN SWIM (1/3 of pool) 4:15 - 7:45 PM	OPEN SWIM (1/3 of pool, splash pad open) 6:00 – 6:45 PM	OPEN SWIM 1:30 – 7:45PM		
	SWIM LESSONS (1/3 of pool) 7:00 - 7:45 PM	OPEN SWIM (1/3 of pool) 6:15 - 7:00 PM					
	OPEN SWIM 7:45 – 8:30 PM	OPEN SWIM 7:00 – 8:30 PM	OPEN SWIM 7:45 - 8:30 PM	OPEN SWIM 6:45 – 8:30 PM			