

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

LOCKPORT FAMILY YMCA
FAMILY POOL
 March 2nd-May 3rd 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM 7:00 - 9:00 AM	OPEN SWIM 6:30 – 7:45 AM	OPEN SWIM 7:00 AM – 8:45 AM	OPEN SWIM 6:30 – 7:00 AM	OPEN SWIM 6:30 – 7:45 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		AQUA FIT 9:00 - 9:45 AM Amanda	
SWIM LESSONS (½ of pool) 9:45-12:00 PM	SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy		AQUA FIT 8:00-8:45 AM Amanda/Allison			
OPEN SWIM 10:00-5:45 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	OPEN SWIM 10:00 – 11:00 AM	SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy	AQUA FIT 8:00 – 8:45 AM Amanda	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 11:00 – 4:15 PM	WATER MOVEMENT FOR ARTHRITIS 11:00 – 11:45 AM Tammy	OPEN SWIM 10:00 – 4:15 PM	OPEN SWIM 9:45 – 6:00 PM		OPEN SWIM 1:30 – 7:45PM
	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool, splash pad open) 4:15 – 6:45 PM	OPEN SWIM 12:00 – 6:15 PM	SWIM LESSONS (2/3 of pool)	Aqua Fit (⅔ of pool) 6:00-6:45P Tammy		
	*The Aquatics Center will close at 5pm on Sunday, March 30 th & April 27th for Staff Training.	AQUA FIT (2/3 of pool) Jennifer SWIM LESSONS (1/3 of pool) 7:00 - 7:45 PM		AQUA FIT (2/3 of pool) Allison 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		