

LOCKPORT FAMILY YMCA  
**LAP POOL**  
 June 29<sup>th</sup>-August 30<sup>th</sup>,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 4L 9:00-10:00 AM	Open Swim 5L Aqua Fit 1L 8:00 - 10:40 AM	Open Swim 5L Aqua Fit 1L 9:00 - 10:00 AM			Open Swim 5L Aqua Fit 1L 7:00 - 9:45 AM	Open Swim 5L Aqua Fit 1L 9:00 - 9:45 AM
	Swim Lessons 2L 9:00-12PM	Open Swim 6L 10:40 AM - 11:30 AM	Open Swim 3L Deep Water Core 3L 10:00 - 10:45 AM	Family Swim 2L Day Camp 1L Open Swim 3L 11:30 AM - 12:00 PM	Open Swim 6L 9:45 AM - 11:30 PM	
Open Swim 6L 12:00 - 5:45 PM	Family Swim 2L Day Camp 1L Open Swim 3L 11:30 AM - 12:00 PM	Family Swim 2L Day Camp 1L Open Swim 3L 11:30 AM - 12:00 PM	Family Swim 2L 12:00 - 3:15 PM Open Swim 4L 12:00 - 5:00 PM	Family Swim 2L Day Camp 1L Open Swim 3L 10:30 AM - 12:00 PM	Family Swim 2L Day Camp 1L Open Swim 3L 11:30 AM - 12:00 PM	Open Swim 6L 2:00 - 7:45 PM
	Family Swim 2L 12:00 - 3:15 PM Open Swim 4L 12:00 - 7:45 PM	Family Swim2L Open Swim 4L 12:00 - 3:15 PM	Swim Lessons 1L Open Swim 5L 5:00 PM - 8:30 PM	Family Swim 2L 12:00 - 3:15 PM Open Swim 4L 12:00 - 5:00 PM	Family Swim 2L Open Swim 4L 12:00 - 3:15 PM	
	*The Aquatics Center will close at 5pm on Sunday, June 29 <sup>th</sup> , July 27 <sup>th</sup> , and August 24 <sup>th</sup> for Staff Training	Swim Lessons 1L Open Swim 5L 5:00 PM - 8:15 PM		Open Swim 6L 3:15- 5:00 PM	Open Swim 4L Swim Team 2L 5:00 - 7:00PM	
			Open Swim 6L 8:15 PM - 9:45 PM	Open Swim 6L 7:00 - 9:45 PM	Open Swim 6L 8:30 PM - 9:45 PM	

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