

LOCKPORT FAMILY YMCA
LAP POOL
 August 31st-September 25th,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 - 10:40 AM	Open Swim 4L Deep Water Core 2L 10:00 - 10:45 AM	Open Swim 5L Aqua Fit 1L 7:00 - 9:45 AM	Open Swim 5L Aqua Fit 1L 9:00 -9:45 AM	Open Swim 5L Aqua Fit 1L 9:00 - 9:45 AM	Open Swim 4L Swim Lessons 2L 9:00 - 2:00 PM
Swim Lessons 2L 9:00-12PM	Open Swim 6L 10:40 AM - 5:00 PM		Open Swim 6L 9:45 AM - 5:00 PM			
Open Swim 6L 12:00 - 5:45 PM *The Aquatics Center will close at 5pm on Sunday, August 24 th & September 28 th for Staff Training.	Open Swim 4L New Aqua Jog 2L 11:00 AM - 11:45 PM	Open Swim 4L Swim Lessons 1L Open Swim 5L 5:00 PM - 8:15 PM		Open Swim 6L 11:45 - 5:00 PM	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 - 8:15 PM		Swim Team 2L Open Swim 4L 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	Open Swim 6L 7:00 - 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
 August 31st – October 25th 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 AQUA FIT 7:00 - 7:45 AM Will T	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 SWIM LESSONS (⅓ of pool) 9:45-12:30 PM	AQUA FIT 8:00-8:45 AM Allison Aquatics Strength And Stretch 9:00 - 9:45 AM Allison		AQUA FIT 8:00-8:45 AM Amanda/Allison SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy		AQUA FIT 9:00 – 9:45 AM Danielle New WATER BARRE 10:00 – 10:45 AM Danielle	
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 Danielle OPEN SWIM 10:45 - 4:15 PM	OPEN SWIM 9:45 – 1:00 PM	New SENIOR SWIM AND STROLL SOCIAL (2/3 OF Pool) 9:45 - 11:00 AM	OPEN SWIM 9:45AM – 8:30 PM		SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 9:00 - 1:30 PM
	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool, splash pad open) 4:15 – 6:45 PM		WATER MOVEMENT FOR ARTHRITIS Starts 9/9 1:00 PM – 1:45 PM Tammy			
	AQUA FIT (2/3 of pool) Jennifer SWIM LESSONS (1/3 of pool) 7:00 - 7:45 PM	OPEN SWIM 7:45 – 8:30 PM	OPEN SWIM 7:00 – 8:30 PM	OPEN SWIM (2/3 of pool) OPEN SWIM (1/3 of pool) 4:15 - 7:45 PM		New PARENT and ME 10:30 – 11:30 AM OPEN SWIM 10:30 AM – 8:30 PM
*The Aquatics Center will close at 5pm on Sunday, August 24 th & September 28 th for Staff Training.			OPEN SWIM 7:45 - 8:30 PM			