

LOCKPORT FAMILY YMCA

LAP POOL

October 26th-December 27th,2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 6L 7:00 - 9:00 AM	Open Swim 6L 5:00 - 8:45 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 Swim Lessons 2L 9:00-12:00 PM	Open Swim 5L Aqua Fit 1L 9:00 - 10:00 AM Open Swim 6L 10:45 AM - 5:00 PM	Open Swim 5L Aqua Fit 1L 9:00 - 10:00 AM Open Swim 4L Deep Water Core 2L 10:00 - 10:45 AM Open Swim 4L Aqua Jog 2L 11:00 AM - 11:45 AM	Open Swim 5L Aqua Fit 1L 7:00 - 9:45 AM Open Swim 6L 9:45 AM - 5:00 PM	Open Swim 5L Aqua Fit 1L 9:00 -9:45 AM Open Swim 6L 9:45 AM - 5:00 PM	Open Swim 5L Aqua Fit 1L 9:00 - 9:45 AM Open Swim 6L 9:45 AM - 5:00 PM Swim Team 3L Open Swim 3L 5:00-8:30 PM Open Swim 6L 8:30 PM - 9:45 PM	Open Swim 4L Swim Lessons 2L 9:00 - 1:30 PM Open Swim 6L 1:30 - 7:45 PM
Open Swim 6L 12:00 - 5:45 PM *The Aquatics Center will close at 5pm on Sunday, Oct 26 th , Nov 23 rd & Dec 28 th for Staff Training	Swim Lessons 1L Open Swim 5L 5:00 PM - 8:15 PM Open Swim 6L 8:15 PM - 9:45 PM	Open Swim 6L 11:45 - 5:00 PM Swim Team 3L Open Swim 3L 5:00-6:00 PM Swim Team 3L Open Swim 3L 6:00 - 8:30 PM Open Swim 6L 8:30 PM - 9:45 PM	Swim Lessons 1L Open Swim 2L Swim Team 2L 5:00 PM - 7:30 PM Swim Team 3L Open Swim 3L 7:30 - 8:30 PM Open Swim 6L 8:30 PM - 9:45 PM	Swim Team 3L Open Swim 3L 5:00 - 6:00 PM Swim Team 3L Open Swim 3L 6:00 - 8:30 PM 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
 October 26th – December 27th, 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 (1/3 of pool) 9:45-12:30 PM	AQUA FIT 9:00 - 9:45 AM Danielle		OPEN SWIM 7:45 - 9:00 AM SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy	AQUA FIT 9:00 - 9:45 AM Danielle	AQUA FIT 9:00 - 9:45 AM Danielle WATER BARRE 10:00 - 10:45 AM Danielle	
OPEN SWIM 10:00-5:45 PM (1/3 of pool) Splash Pad Closed for Birthday Parties 1:30 - 2:30 PM 3:00 - 4:00 PM	OPEN SWIM 9:45 - 4:15 PM SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool, splash pad open) 4:15 - 7:45 PM	OPEN SWIM 9:45 - 1:00 PM WATER MOVEMENT FOR ARTHRITIS 1:00 PM - 1:45 PM Tammy	SENIOR SWIM AND STROLL SOCIAL (2/3 OF Pool) 9:45 - 11:00 AM	OPEN SWIM 9:45AM - 10:30 AM		SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 9:00 - 1:30 PM
			OPEN SWIM (1/3 OF POOL) 9:45 - 4:15 PM SWIM LESSONS (2/3 of pool)			
*The Aquatics Center will close at 5pm on Sunday, Oct 26 th , Nov 23 rd & Dec 28 th for Staff Training.	OPEN SWIM 7:45 - 8:30 PM	AQUA FIT (2/3 of pool) Danielle OPEN SWIM (1/3 of pool) 6:15 - 7:00 PM	OPEN SWIM (1/3 of pool) 4:15 - 7:45 PM	PARENT and ME 10:30 - 11:30 AM OPEN SWIM 10:30 AM - 8:30 PM	OPEN SWIM 10:45 - 8:30 PM	OPEN SWIM 1:30 - 7:45PM
		OPEN SWIM 7:00 - 8:30 PM	OPEN SWIM 7:45 - 8:30 PM			