

***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 (1/3 of pool) 9:45-12:30 PM	AQUA FIT 9:00 -9:45AM Danielle		OPEN SWIM 7:45 - 9:00 AM SILVERSNREAKERS 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 (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	New SENIOR SWIM AND STROLL SOCIAL (2/3 OF Pool) 9:45 - 11:00 AM	OPEN SWIM 9:45AM - 8:30 PM New PARENT and ME 10:30 - 11:30 AM OPEN SWIM 10:30 AM - 8:30 PM	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 (1/3 OF POOL) 9:45 - 4:15 PM SWIM LESSONS (2/3 of pool)			
*The Aquatics Center will close at 5pm on Sunday, July 27th 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	OPEN SWIM 10:30 AM - 8:30 PM		OPEN SWIM 1:30 - 7:45PM
		OPEN SWIM 7:00 - 8:30 PM	OPEN SWIM 7:45 - 8:30 PM			