

LOCKPORT FAMILY YMCA

LAP POOL

January 4th-February 28th, 2026



| 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 5L Aqua Fit 1L 9:00 - 10:00 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 10:00 - 5:00 PM | 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 - 1:30 PM |
| Open Swim 6L 12:00 - 5:45 PM <i>*The Aquatics Center will close at 5pm on Sunday, Jan 25th & Feb 22nd for Staff Training</i> | Swim Lessons 1L Open Swim 5L 5:00 - 8:15 PM Open Swim 6L 8:15 - 9:45 PM | Open Swim 4L Deep Water Core 2L 10:00 - 10:45 AM Open Swim 6L 10:45 - 5:00 PM | Open Swim 6L 9:45 - 5:00 PM | Open Swim 6L 9:45 - 5:00 PM | Open Swim 6L 9:45 - 5:00 PM | Open Swim 6L 9:45 - 5:00 PM |
| | | Swim Team 3L Open Swim 3L 5:00-6:00 PM Open Swim 6L 8:30 - 9:45 PM | Swim Lessons 1L Open Swim 2L Swim Team 3L 5:00 - 7:30 PM Swim Team 3L Open Swim 3L 6:00 - 8:30 PM Open Swim 6L 8:30 - 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 - 9:45 PM | Swim Team 3L Open Swim 3L 5:00 - 8:30 PM Open Swim 6L 8:30 - 9:45 PM | Open Swim 6L 1:30 - 7:45 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

February 1st – February 28th, 2026



| 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 - 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 | AQUA FIT 9:00 - 9:45 AM Danielle | OPEN SWIM 7:45 - 9:00 AM SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy SENIOR SWIM AND STROLL SOCIAL (2/3 OF Pool) 9:45 - 11:00 AM | AQUA FIT 9:00 - 9:45 AM Lisa | AQUA FIT 9:00 - 9:45 AM Danielle WATER BARRE 10:00 - 10:45 AM Danielle | OPEN SWIM 7:00 - 9:00 AM |
| 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 | OPEN SWIM 9:45 – 11:00 AM | OPEN SWIM (1/3 OF POOL) 9:45 – 4:15 PM | PARENT and ME 10:30 – 11:30 AM | OPEN SWIM 10:45 – 5:15 PM | SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 9:00 - 1:30 PM |
| *The Aquatics Center will close at 5pm on Sunday, Feb 22 nd for Staff Training. | | WATER MOVEMENT FOR ARTHRITIS 11:00 – 11:45 AM Tammy | SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 4:15 - 7:45 PM | OPEN SWIM 10:30 – 5:00 PM | AQUA FIT 5:15 - 5:45 PM Eva | OPEN SWIM 1:30 – 7:45PM |
| | 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 | AQUA FIT 5:15 - 5:45 PM Eva | OPEN SWIM 5:45 - 8:30 PM | |
| | | OPEN SWIM 7:00 – 8:30 PM | OPEN SWIM 7:45 - 8:30 PM | OPEN SWIM 5:45 - 8:30 PM | | |