

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 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 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 4L Deep Water Core 2L 10:00 - 10:45 AM	Open Swim 6L 9:45 – 5:00 PM	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 *The Aquatics Center will close at 5pm on Sunday, Jan 25 th & Feb 22 rd for Staff Training		Open Swim 6L 10:45 – 5:00 PM				
	Swim Lessons 1L Open Swim 5L 5:00 – 8:15 PM	Swim Team 3L Open Swim 3L 5:00-6:00 PM	Swim Lessons 1L Open Swim 2L Swim Team 3L 5:00 – 7:30 PM	Swim Team 3L Open Swim 3L 5:00 – 6:00 PM	Open Swim 6L 9:45 – 5:00 PM Swim Team 3L Open Swim 3L 5:00 - 8:30 PM	
	Open Swim 6L 8:15 – 9:45 PM					Swim Team 3L Open Swim 3L 6:00 – 8:30 PM Open Swim 6L 8:30 – 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
 February 1st – February 28th, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>OPEN SWIM</div> <div>7:00 - 9:00 AM</div>	<div>OPEN SWIM</div> <div>6:30 – 7:45 AM</div>	<div>OPEN SWIM</div> <div>6:30 – 8:45 AM</div>	<div>OPEN SWIM</div> <div>6:30 – 7:00 AM</div> <div>AQUA FIT</div> <div>7:00 - 7:45 AM</div> <div>Will T</div>	<div>OPEN SWIM</div> <div>6:30 – 8:45 AM</div>	<div>OPEN SWIM</div> <div>6:30 - 8:45 AM</div>	<div>OPEN SWIM</div> <div>7:00 - 9:00 AM</div>
<div>AQUA FIT</div> <div>(2/3 of pool)</div> <div>9:00 - 9:45 AM</div> <div>Jennifer</div> <div>SWIM LESSONS</div> <div>(⅓ of pool)</div> <div>9:45-12:30 PM</div>	<div>AQUA FIT</div> <div>9:00 -9:45 AM</div> <div>Danielle</div>		<div>OPEN SWIM</div> <div>7:45 – 9:00 AM</div> <div>SILVERSNEAKERS SPLASH®</div> <div>9:00 - 9:45 AM</div> <div>Tammy</div>		<div>AQUA FIT</div> <div>9:00 – 9:45 AM</div> <div>Lisa</div>	
<div>OPEN SWIM</div> <div>10:00-5:45 PM</div> <div>(⅓ of pool)</div> <div>Splash Pad Closed for Birthday Parties</div> <div>1:30 – 2:30 PM</div> <div>3:00 – 4:00 PM</div>	<div>OPEN SWIM</div> <div>9:45 - 4:15 PM</div>	<div>OPEN SWIM</div> <div>9:45 – 11:00 AM</div>	<div>SENIOR SWIM AND STROLL SOCIAL</div> <div>(2/3 OF Pool)</div> <div>9:45 - 11:00 AM</div>	<div>OPEN SWIM</div> <div>9:45 – 10:30 AM</div>	<div>OPEN SWIM</div> <div>10:45 – 5:15 PM</div>	<div>SWIM LESSONS</div> <div>(2/3 of pool)</div> <div>OPEN SWIM</div> <div>(1/3 of pool)</div> <div>9:00 - 1:30 PM</div>
		<div>SWIM LESSONS</div> <div>(2/3 of pool)</div> <div>OPEN SWIM</div> <div>(1/3 of pool, splash pad open)</div> <div>4:15 – 7:45 PM</div>	<div>WATER MOVEMENT FOR ARTHRITIS</div> <div>11:00 – 11:45 AM</div> <div>Tammy</div>	<div>OPEN SWIM</div> <div>(1/3 OF POOL)</div> <div>9:45 – 4:15 PM</div>		
	<div>*The Aquatics Center will close at 5pm on Sunday, Feb 22nd for Staff Training.</div>		<div>OPEN SWIM</div> <div>7:45 – 8:30 PM</div>	<div>AQUA FIT</div> <div>(2/3 of pool)</div> <div>Danielle</div> <div>OPEN SWIM</div> <div>(1/3 of pool)</div> <div>6:15 - 7:00 PM</div>	<div>OPEN SWIM</div> <div>(1/3 of pool)</div> <div>4:15 - 7:45 PM</div>	<div>AQUA FIT</div> <div>5:15 - 5:45 PM</div> <div>Eva</div>
<div>OPEN SWIM</div> <div>7:00 – 8:30 PM</div>		<div>OPEN SWIM</div> <div>7:45 - 8:30 PM</div>		<div>OPEN SWIM</div> <div>5:45 - 8:30 PM</div>		