

**\*Pool may be closed weekday mornings and afternoons from the 40-minute mark until the top of each hour.**

**LOCKPORT FAMILY YMCA**  
**FAMILY POOL**  
 March 1st – May 2nd, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN SWIM</b> 7:00 - 9:00 AM	<b>OPEN SWIM</b> 6:30 - 7:45 AM	<b>OPEN SWIM</b> 6:30 - 8:45 AM	<b>OPEN SWIM</b> 6:30 - 7:00 AM <b>AQUA FIT</b> 7:00 - 7:45 AM Will T	<b>OPEN SWIM</b> 6:30 - 8:45 AM	<b>OPEN SWIM</b> 6:30 - 8:45 AM	<b>OPEN SWIM</b> 7:00 - 9:00 AM
<b>AQUA FIT</b> (2/3 of pool) 9:00 - 9:45 AM Jennifer <b>SWIM LESSONS</b> (1/2 of pool) 9:45-12:30 PM	<b>AQUA FIT</b> 9:00 -9:45 AM Danielle		<b>OPEN SWIM</b> 7:45 - 9:00 AM		<b>AQUA FIT</b> 9:00 - 9:45 AM Lisa	
<b>OPEN SWIM</b> 10:00-5:45 PM (1/2 of pool) <b>Splash Pad Closed for Birthday Parties</b> 1:30 - 2:30 PM 3:00 - 4:00 PM	<b>OPEN SWIM</b> 9:45 - 4:15 PM	<b>OPEN SWIM</b> 9:45 - 11:00 AM <b>WATER MOVEMENT FOR ARTHRITIS</b> 11:00 - 11:45 AM Tammy	<b>SENIOR SWIM AND STROLL SOCIAL</b> (2/3 OF Pool) 9:45 - 11:00 AM	<b>OPEN SWIM</b> 9:45 - 10:30 AM	<b>OPEN SWIM</b> 10:45 - 5:00 PM	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (1/3 of pool) 9:00 - 1:30 PM
		<b>OPEN SWIM</b> 11:00 - 11:45 AM Tammy	<b>OPEN SWIM</b> (1/3 OF POOL) 9:45 - 4:15 PM	<b>PARENT and ME</b> 10:30 - 11:30 AM		
	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (1/3 of pool, splash pad open) 4:15 - 7:45 PM	<b>OPEN SWIM</b> 11:45 - 6:15 PM	<b>OPEN SWIM</b> (2/3 of pool)	<b>OPEN SWIM</b> 10:30 - 5:00 PM	<b>AQUA FIT</b> 5:15 - 6:00 PM Eva	
*The Aquatics Center will close at 5:00 PM March 29 <sup>th</sup> & April 26 <sup>th</sup> for Staff Training.	<b>OPEN SWIM</b> 7:45 - 8:30 PM	<b>AQUA FIT</b> (2/3 of pool) Danielle <b>OPEN SWIM</b> (1/3 of pool) 6:15 - 7:00 PM	<b>OPEN SWIM</b> (1/3 of pool) 4:15 - 7:45 PM	<b>AQUA FIT</b> 5:15 - 6:00 PM Eva	<b>OPEN SWIM</b> 6:00 - 8:30 PM	<b>OPEN SWIM</b> 1:30 - 7:45 PM
		<b>OPEN SWIM</b> 7:00 - 8:30 PM	<b>OPEN SWIM</b> 7:45 - 8:30 PM	<b>OPEN SWIM</b> 6:00 - 8:30 PM		

**LOCKPORT FAMILY YMCA**  
**LAP POOL**  
 March 1<sup>st</sup> - May 2<sup>nd</sup>, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Swim 6L</b> 7:00 - 9:00 AM	<b>Open Swim 6L</b> 5:00 - 8:45 AM	<b>Open Swim 6L</b> 5:00 - 9:00 AM	<b>Open Swim 6L</b> 5:00 - 7:00 AM	<b>Open Swim 6L</b> 5:00 - 9:00 AM	<b>Open Swim 6L</b> 5:00 - 9:00 AM	<b>Open Swim 6L</b> 7:00 - 9:00 AM
<b>Open Swim 4L</b> 9:00-10:00 AM <b>Swim Lessons 2L</b> 9:00-12:00 PM	<b>Open Swim 5L Aqua Fit 1L</b> 9:00 - 10:00 AM <b>Open Swim 6L</b> 10:00 - 5:00 PM	<b>Open Swim 5L Aqua Fit 1L</b> 9:00 - 10:00 AM <b>Open Swim 4L Deep Water Core 2L</b> 10:00 - 10:45 AM <b>Open Swim 6L</b> 10:45 - 5:00 PM	<b>Open Swim 5L Aqua Fit 1L</b> 7:00 - 9:45 AM <b>Open Swim 6L</b> 9:45 - 5:00 PM	<b>Open Swim 5L Aqua Fit 1L</b> 9:00 - 9:45 AM <b>Open Swim 6L</b> 9:45 - 5:00 PM	<b>Open Swim 5L Aqua Fit 1L</b> 9:00 - 9:45 AM <b>Open Swim 6L</b> 9:45 - 5:00 PM <b>Swim Team 3L Open Swim 3L</b> 5:00 - 8:30 PM <b>Open Swim 6L</b> 8:30 - 9:45 PM	<b>Open Swim 4L Swim Lessons 2L</b> 9:00 - 1:30 PM <b>Open Swim 6L</b> 1:30 - 7:45 PM
<b>Open Swim 6L</b> 12:00 - 5:45 PM  *The Aquatics Center will close at 5:00 PM on Sunday, March 29 <sup>th</sup> & April 26 <sup>th</sup> for Staff Training	<b>Swim Lessons 1L Open Swim 5L</b> 5:00 - 8:15 PM  <b>Open Swim 6L</b> 8:15 - 9:45 PM	<b>Swim Team 3L Open Swim 3L</b> 5:00-6:00 PM  <b>Swim Team 3L Open Swim 3L</b> 6:00 - 8:30 PM <b>Open Swim 6L</b> 8:30 - 9:45 PM	<b>Swim Lessons 1L Open Swim 2L Swim Team 3L</b> 5:00 - 7:30 PM  <b>Swim Team 3L Open Swim 3L</b> 7:30 - 8:30 PM <b>Open Swim 6L</b> 8:30 - 9:45 PM	<b>Swim Team 3L Open Swim 3L</b> 5:00 - 6:00 PM  <b>Swim Team 3L Open Swim 3L</b> 6:00 - 8:30 PM <b>Open Swim 6L</b> 8:30 - 9:45 PM		

Schedules are subject to change. For more information please call (716) 434-8887