

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

**LOCKPORT FAMILY YMCA**  
**FAMILY POOL**  
 June 28<sup>th</sup> - August 22<sup>nd</sup>, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN SWIM</b> 7:00 - 9:00 AM	<b>OPEN SWIM</b> 6:30 - 9:00 AM	<b>OPEN SWIM</b> 6:30 - 10:00 AM	<b>OPEN SWIM</b> 6:30 - 7:00 AM	<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> 7:00 - 7:45 AM Will T			
<b>AQUA FIT</b> (2/3 of pool) 9:00 - 9:45 AM Jennifer	<b>AQUA FIT</b> 9:00 - 9:45 AM Danielle	<b>WATER MOVEMENT FOR ARTHRITIS</b> 10:00 - 10:45 AM Tammy	<b>OPEN SWIM</b> 9:00 - 9:45 AM Tammy	<b>AQUA FIT</b> 9:00 - 9:45 AM Lisa	<b>AQUA FIT</b> 9:00 - 9:45 AM Danielle	<b>OPEN SWIM</b> 7:00 - 9:00 AM
<b>SWIM LESSONS</b> (1/2 of pool) 9:45 - 1:30 PM			<b>SILVERSNREAKERS SPLASH®</b> 9:00 - 9:45 AM Tammy		<b>WATER BARRE</b> 10:00 - 10:45 AM Danielle	
<b>OPEN SWIM</b> 10:00 - 5:45 PM (% 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 - 10:45 AM	<b>CAMP SWIM</b> 10:45 - 3:00 PM	<b>SENIOR SWIM AND STROLL SOCIAL</b> (2/3 OF Pool)	<b>OPEN SWIM</b> 9:45 - 10:45 AM	<b>CAMP SWIM</b> 10:45 - 3:00 PM	<b>SWIM LESSONS</b> (2/3 of pool)  <b>OPEN SWIM</b> (1/3 of pool) 9:00 - 12:30 PM
	<b>CAMP SWIM</b> 10:45 - 3:00 PM		<b>OPEN SWIM</b> (1/3 OF POOL) 9:45 - 10:45 AM			
	<b>OPEN SWIM</b> 3:00 - 4:00 PM	<b>OPEN SWIM</b> 3:00 - 6:15 PM	<b>CAMP SWIM</b> 10:45 - 3:00 PM	<b>CAMP SWIM</b> 10:45 - 3:00 PM	<b>OPEN SWIM</b> 3:00 - 4:00 PM	
	<b>SWIM LESSONS</b> (2/3 of pool) <b>OPEN SWIM</b> (1/3 of pool, splash pad open) 4:00 - 7:15 PM		<b>OPEN SWIM</b> 3:00 - 4:00 PM			
*The Aquatics Center will close at 5:00 PM on Sunday, June 28 <sup>th</sup> , July 19 <sup>th</sup> , and August 16 <sup>th</sup> for Staff Training.	<b>OPEN SWIM</b> 7:15 - 8:30 PM	<b>AQUA FIT</b> (2/3 of pool) Danielle	<b>SWIM LESSONS</b> (2/3 of pool)	<b>OPEN SWIM</b> 3:00 - 8:30 PM	<b>OPEN SWIM</b> 3:00 - 8:30 PM	<b>OPEN SWIM</b> 3:00 - 8:30 PM
		<b>OPEN SWIM</b> (1/3 of pool) 6:15 - 7:00 PM				
		<b>OPEN SWIM</b> 7:00 - 8:30 PM	<b>OPEN SWIM</b> 8:00 - 8:30 PM			<b>OPEN SWIM</b> 12:30 - 7:45 PM

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

**LOCKPORT FAMILY YMCA**  
**LAP POOL**  
 June 28<sup>th</sup> - August 22<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 5L</b> 9:00-10:00 AM  <b>Swim Lessons 1L</b> 9:00-12:30 PM	<b>Open Swim 4L</b> <b>Aqua Fit 2L</b> 9:00 - 10:00 AM  <b>Open Swim 6L</b> 10:00 - 12:00 PM	<b>Open Swim 4L</b> <b>Deep Water Core 2L</b> 9:00 - 9:45 AM  <b>Open Swim 6L</b> 9:45 - 12:00 PM	<b>Open Swim 4L</b> <b>Aqua Fit 2L</b> 7:00 - 9:45 AM	<b>Open Swim 4L</b> <b>Aqua Fit 2L</b> 9:00 - 9:45 AM	<b>Open Swim 4L</b> <b>Aqua Fit 2L</b> 9:00 - 9:45 AM	<b>Open Swim 4L</b> <b>Swim Lessons 2L</b> 9:00 - 12:30 PM
	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 12:00 - 3:00 PM	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 12:00 - 3:00 PM	<b>Open Swim 6L</b> 9:45 - 12:00 PM	<b>Open Swim 6L</b> 9:45 - 12:00 PM	<b>Open Swim 6L</b> 9:45 - 12:00 PM	
<b>Open Swim 6L</b> 12:30 - 5:45 PM  *The Aquatics Center will close at 5:00 PM on Sunday, June 28 <sup>th</sup> , July 19 <sup>th</sup> , and August 16th for Staff Training	<b>Open Swim 6L</b> 3:00 - 4:15 PM	<b>Open Swim 6L</b> 3:00 - 9:45 PM	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 12:00 - 3:00 PM	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 12:00 - 3:00 PM	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 12:00 - 3:00 PM	<b>Open Swim 6L</b> 12:30 - 7:45 PM
	<b>Swim Lessons 1L</b> <b>Open Swim 5L</b> 4:15 - 7:45 PM		<b>Open Swim 6L</b> 3:00 - 4:00 PM	<b>Open Swim 6L</b> 3:00 - 5:15 PM	<b>Open Swim 6L</b> 3:00 - 5:15 PM	
	<b>Open Swim 6L</b> 7:45 - 9:45 PM		<b>Swim Lessons 1L</b> <b>Open Swim 5L</b> 4:00 - 8:00 PM	<b>Swim Team Prep 2L</b> <b>Open Swim 4L</b> 5:15 - 6:30 PM	<b>Swim Team Prep 2L</b> <b>Open Swim 4L</b> 5:15 - 6:30 PM	
			<b>Open Swim 6L</b> 8:00 - 9:45 PM	<b>Open Swim 6L</b> 6:30 - 9:45 PM	<b>Open Swim 6L</b> 6:30 - 9:45 PM	

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