

***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 28th - August 22nd, 2026



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

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

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

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