

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

LOCKPORT FAMILY YMCA
FAMILY POOL
 October 25 - December 26, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
OPEN SWIM 7:00 - 9:00 AM	OPEN SWIM 6:30 – 8:45 AM	OPEN SWIM 6:30 – 9:45 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 9:00 - 9:45 AM Danielle				
			OPEN SWIM 7:45 – 8:45 AM						
AQUA FIT (2/3 of pool) 9:00 - 9:45 AM Jennifer	AQUA FIT 9:00 -9:45 AM Danielle	AQUA FIT FOR ARTHRITIS 10:00 – 10:45 AM Tammy	SILVERSNREAKERS SPLASH® 9:00 - 9:45 AM Tammy	AQUA FIT 9:00 – 9:45 AM Lisa	OPEN SWIM 10:00 – 8:30 PM				
SWIM LESSONS (½ of pool) 9:45-1:30 PM									
OPEN SWIM 10:00-5:45 PM (⅓ 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 10:45 – 6:15 PM	AQUA WALKING (2/3 OF Pool) OPEN SWIM (1/3 OF POOL) 9:45 - 11:00 AM	SWIM LESSONS (2/3 of pool) Open Swim (⅓ of pool) 10:00 - 10:30 AM Lisa		OPEN SWIM 10:00 – 8:30 PM	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool) 9:00 - 12:30 PM		
									OPEN SWIM 10:30 – 7:00 PM
OPEN SWIM 4:00 – 5:45 PM	SWIM LESSONS (2/3 of pool) OPEN SWIM (1/3 of pool, splash pad open) 4:15 – 7:00 PM						OPEN SWIM 12:30 – 7:45 PM		
*The Aquatics Center will close at 5:00 PM on Sunday, October 25 th , November 15 th , and December 6 th for Staff Training	OPEN SWIM 7:00 – 8:30 PM	AQUA FIT (2/3 of pool) Danielle	SWIM LESSONS (2/3 of pool)	OPEN SWIM 7:45 – 8:30 PM					
		OPEN SWIM (1/3 of pool) 6:15 - 7:00 PM	OPEN SWIM (1/3 of pool) 4:00 - 7:45 PM						
		OPEN SWIM 7:00 – 8:30 PM	OPEN SWIM 7:45 - 8:30 PM						

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

LOCKPORT FAMILY YMCA
LAP POOL
 October 25 - December 26,2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 6L 7:00 - 9:00 AM	Open Swim 6L 5:00 - 9:00 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
Swim Lessons 1L Open Swim 5L 9:00-2:00 PM	Open Swim 4L Aqua Fit 2L 9:00 - 9:45 AM	Open Swim 4L Deep Water Core 2L 9:00 - 9:45 AM	Open Swim 4L Aqua Fit 2L 7:00 - 7:45 AM	Open Swim 4L Aqua Fit 2L 9:00 - 9:45 AM	Open Swim 4L Aqua Fit 2L 9:00 - 9:45 AM	Swim Lessons 2L Open Swim 4L 9:00 - 12:30 PM
	Open Swim 6L 10:00 - 4:15 PM	Open Swim 6L 10:00 - 9:45 PM	Open Swim 6L 8:00 - 8:45 AM	Open Swim 6L 10:00 - 5:15 PM	Open Swim 6L 10:00 - 5:15 PM	
			Open Swim 4L Aqua Fit 2L 9:00 - 9:45 AM			
Open Swim 6L 10:00 - 4:00 PM	Swim Team 3L Open Swim 3L 5:15 - 8:30 PM		Swim Team 3L Open Swim 3L 5:15 - 8:30 PM			
Swim Lessons 1L Open Swim 5L 4:00 - 5:15 PM						
Swim Lessons 1L Swim Team 3L Open Swim 2L 5:15 - 6:00 PM				Open Swim 6L 12:30 - 7:45 PM		
Swim Lessons 1L Swim Team 3L Deep End Hustle 2L 6:00 - 7:00 PM						
Swim Lessons 1L Swim Team 3L Open Swim 2L 7:00 - 8:30 PM						
Open Swim 6L 8:30 - 9:45 PM						
Open Swim 6L 2:00 - 5:45 PM *The Aquatics Center will close at 5:00 PM on Sunday, October 25 th , November 15 th , and December 6th for Staff Training			Swim Lessons 1L Swim Team 3L Open Swim 2L 5:15 - 8:30 PM			

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