

LOCKPORT FAMILY YMCA
LAP POOL
 March 2nd-May 3rd, 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 6L 7:00 - 9:00 AM	Open Swim 6L 5:00 - 7:45 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 4L 9:00-10:00 AM	Open Swim 5L Aqua Fit 1L 8:00 - 10:45 AM	Open Swim 5L Aqua Fit 1L 9:00 - 10:00 AM	Open Swim 5L Aqua Fit 1L 7:00 - 8:45 AM		Open Swim 5L Aqua Fit 1L 9:00 - 9:45 AM	Open Swim 4L Swim Lessons 2L 9:00 - 2:00 PM
Swim Lessons 2L 9:00-12PM	Open Swim 6L 10:45 AM - 5:00 PM	Open Swim 3L Deep Water Core 3L 10:00 - 10:45 AM	Open Swim 6L 8:45 - 5:00 PM	Open Swim 5L Aqua Fit 1L 9:00 -9:45 AM	Open Swim 6L 9:45 AM - 9:45 PM	
Open Swim 6L 12:00 - 5:45 PM		Swim Lessons 1L Open Swim 5L 5:00 PM - 8:30 PM		Open Swim 6L 10:45 - 5:00 PM		Open Swim 4L Swim Team 2L 5:00 - 7:00PM
	Open Swim 6L 8:30 PM - 9:45 PM	Swim Team 2L Open Swim 4L 5:00-7:00PM	Swim Lessons 1L Open Swim 5L 5:00 PM - 8:30 PM	Open Swim 4L Deep Water Core 2L 7:00 - 7:45 PM		
		Open Swim 6L 7:00 - 9:45 PM	Open Swim 6L 8:30 PM - 9:45 PM	Open Swim 6L 7:45 - 9:45 PM		

*The Aquatics Center will close at 5pm on Sunday, March 30th & April 27th for Staff Training

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
 March 2nd-May 3rd 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM 7:00 - 9:00 AM	OPEN SWIM 6:30 - 7:45 AM	OPEN SWIM 7:00 AM - 8:45 AM	OPEN SWIM 6:30 - 7:00 AM	OPEN SWIM 6:30 - 7:45 AM	OPEN SWIM 6:30 - 8:45 AM	OPEN SWIM 7:00 - 9:00 AM
AQUA FIT (2/3 of pool) 9:00 - 9:45 AM Jennifer	AQUA FIT 8:00-8:45 AM Allison		AQUA FIT 7:00 - 7:45 AM Will T		AQUA FIT 9:00 - 9:45 AM Amanda	
SWIM LESSONS (½ of pool) 9:45-12:00 PM	SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy	AQUA FIT 9:00 - 9:45 AM Amanda	AQUA FIT 8:00-8:45 AM Amanda/Allison			
OPEN SWIM 10:00-5:45 PM (½ of pool) Splash Pad Closed for Birthday Parties 1:30 - 2:30 PM 3:00 - 4:00 PM	OPEN SWIM 10:00 - 4:15 PM	OPEN SWIM 10:00 - 11:00 AM	SILVERSNEAKERS SPLASH® 9:00 - 9:45 AM Tammy	AQUA FIT 8:00 - 8:45 AM Amanda	OPEN SWIM 10:45 - 8:30 PM	SWIM LESSONS (2/3 of pool)
		WATER MOVEMENT FOR ARTHRITIS 11:00 - 11:45 AM Tammy	OPEN SWIM 10:00 - 4:15 PM			OPEN SWIM 9:45 - 6:00 PM
	SWIM LESSONS (2/3 of pool)	OPEN SWIM 12:00 - 6:15 PM	OPEN SWIM 12:00 - 6:15 PM	SWIM LESSONS (2/3 of pool)		Aqua Fit (¾ of pool) 6:00-6:45P Tammy
OPEN SWIM (1/3 of pool, splash pad open) 4:15 - 6:45 PM	OPEN SWIM 6:00 - 6:45 PM	OPEN SWIM 6:00 - 6:45 PM				
*The Aquatics Center will close at 5pm on Sunday, March 30 th & April 27 th for Staff Training.	AQUA FIT (2/3 of pool) Jennifer	AQUA FIT (2/3 of pool) Allison	OPEN SWIM (1/3 of pool) 4:15 - 7:45 PM	OPEN SWIM (1/3 of pool, splash pad open) 6:00 - 6:45 PM	OPEN SWIM 10:45 - 8:30 PM	OPEN SWIM 1:30 - 7:45PM
	SWIM LESSONS (1/3 of pool) 7:00 - 7:45 PM	OPEN SWIM (1/3 of pool) 6:15 - 7:00 PM	OPEN SWIM 7:45 - 8:30 PM			
	OPEN SWIM 7:45 - 8:30 PM	OPEN SWIM 7:00 - 8:30 PM	OPEN SWIM 7:45 - 8:30 PM	OPEN SWIM 6:45 - 8:30 PM		