

Lockport Family YMCA Pool March 5 - April 28, 2012

Sunday	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday
Open 1- 4:30pm	Lap Swim 5am-9am	Lap Swim 5am-9:30am	Lap Swim 5am-9am	Lap Swim 5am-9:30am
	Water Fit 9-10	Parent Child 9:30am	Water Fit 9-10	Water Fit 8:30am
	Pre Pals 11	Preschool 9:30am		Parent Child 9:30 & 10:15 Preschool & Youth 9:30, 10:15, & 11am
	Lap Swim 10:00-5pm	Lap Swim 10:15-5pm AOA swim 1-2pm	Lap Swim 10:00-5:30pm	OPEN POOL 12- 8 if no pool parties
	OPEN POOL 2-4:30pm	OPEN POOL 2-4:30pm	OPEN POOL 2-8pm	
	Water Fit 4 - 4:45pm	Stroke drills 4:45pm		
	Preschool & Youth 4:45-5:30pm 5:30-6:15pm	Preschool & Youth 4:45-5:30pm 5:30-6:15pm Water Fit 5:30pm	OPEN POOL 5-8pm if no pool parties	
	Stroke drills 4:45 & 5:30 Water Fit 7:30-8:15pm HALF POOL OPEN 5:30-8:30	Parent Child 6:30-7pm Preschool & Youth 6:30-7:15pm OPEN POOL 7:30-8:30pm		Healthy Kids Day April 28th

Have your next party at the YMCA Pool & Gym parties available

revised 3 19 12

SWIM LESSONS ON BREAK APRIL 8 TO 14 MORNING WATER FITNESS WILL BE RUNNING

