



2023 YMCA Pool Schedule and Guidelines for Courts Members July 31-August 13, 2023

- Welcome to the Elmhurst YMCA. Please take a few minutes to familiarize yourself with our swimming pool rules and regulations.
- **Swimming allowed for ages 18 and up only.**
- **Follow the schedule.** Use of the pool will be allowed only during designated times. Gray areas are not open for use (we are either closed and or other programming is going on; **Fitness classes are not open to the public; Lanes marked open can be used for aerobic exercise.** **Schedule also available online at https://www.ymcachicago.org/page/-/pdfs/Elmhurst_YMCA_Pool_Lap_Schedule_June_24-August_22_2022.pdf**
- **Check-in at front desk.** Please present your Courts Plus membership card upon entering. You will be asked to fill out a waiver at the time of your first visit.
- **Use appropriate locker rooms.** Please use adult locker rooms only. **Please note: Women's locker room lockers require you to have your own lock. Men's locker room lockers have digital locks on them.**
- **Shower before entering the pool.**
- **No Street shoes on deck.** Shoe covers are available outside locker rooms.
- **Lap swim in designated lap lanes only.** We request that lap swimmers share lap lanes. Swim lane etiquette for multiple swimmers in a lane: 2 swimmers per lane split the lane. Multiple (3+) swimmers circle swim. There will be no lap swimming allowed in open lanes.
- **Use equipment properly.** You are welcome to use kickboards, pull buoys, barbells and noodles but please replace equipment when you are done.
- **Cell phone use in lobby only.** Cell phones are permitted in the lobby only and are strictly prohibited in locker rooms.

We hope you enjoy your time here at the YMCA. If you have any questions, feel free to contact me at (630) 834-9200 ext. 5413.

Marie Straube
Aquatic Director
Elmhurst YMCA