



ELMHURST YMCA AQUATICS PROGRAM SCHEDULE

July/August 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Hours	8:15am-2:40pm	5:15am-8:40pm	5:15am-8:40pm	5:15am-8:40pm	5:15am-8:40pm	5:15am-6pm	6:15am-3:40pm
Safety Breaks (15 min)	10am 12:30pm	6:45am 9am 10:30am 12:30pm 3pm	6:45am 8:15am 9am 12:30pm	6:45am 9am	6:45am 8am 9:15am 11am 12:45pm 3pm	6:45am 9am 10:30am 3pm	8am 9am 1:15pm
Water Fitness			Aqua Fusion 5:20-5:50am Youth Paddleboard 8:30-9am Aqua Circuit 9:15-10am	Water Fitness 9:15-10am & 6:30-7:15pm	Aqua Fusion 5:20-5:50am Aqua Circuit 8:15-9am		Water Fitness 8:15-9am
Swim Lessons	Individual 10:15am-12:30pm	Individual 3-4pm 4:45-5:15pm Group Lessons 10-11:30am 4-7:30pm	Individual 3-4:15pm Group Lessons 4:15-7:15pm	Group Lessons 10:30-11:30am & 4-6:30pm Individual 3-4pm	Individual 3:15-4:15pm Group Lessons 10-11:30am 4:15-7:15pm	Individual 3:15-6pm	Group Lessons 9:15am-1pm Individual 11:30am-12pm
Group Swims	Family Swim 12:45-2:40pm	Camp Swim 12:45-3pm	Camp Swim 11-11:45am & 12:45-2:15pm	Camp Swim 12-3pm		Camp Swim 1:45-3:15pm	Family Swim 1:30-3:40pm

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › Private swim lessons will receive priority access to the pools during regular operating hours.
- › Safety Breaks are 15 minutes in length and require all swimmers to exit the pool.

For additional information or questions,
please call 630.834.9200.

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ELMHURST YMCA AQUATICS LAP/AEROBIC & OPEN SWIM SCHEDULE

July/August 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pool Hours	8:15am-2:40pm	5:15am-8:40pm	5:15am-8:40pm	5:15am-8:40pm	5:15am-8:40pm	5:15am-6pm	6:15am-3:40pm	
Lap/Aerobic Swim Lanes	3 Lap/ 1 Aerobic 8:15-10am 2 Lap/ 1 Aerobic 10:15am-12:30pm	3 Lap/ 1 Aerobic 5:15-6:45am 7-9am	3 Lap/ 1 Aerobic 6-6:45am 7-8:15am	3 Lap/ 1 Aerobic 5:15-6:45am 7-9am	3 Lap/ 1 Aerobic 6-6:45am 7-8 a.m.	3 Lap/ 1 Aerobic 5:15-6:45am 7-9am 9:15-10:30am	3 Lap/ 1 Aerobic 6:15-8am	
Lap Swim Lanes	2 Lap 12:45-2:40pm	2 Lap 9:15-10:00am 11:30am-12:30pm 7:30-8:40pm 1 Lap 10-11:30am 3-4 pm	2 Lap 5:15-6:45am 10-11am 11:45am-12:45pm 2:15-4:15pm 7:15-8:40pm 1 Lap 4:15-5 pm	2 Lap 3-4pm 6:30-8:40pm 1 Lap 10:30am-12pm 5-6:30pm	2 Lap 5:15-6:45am 9:30-10am 11:30am-12:45pm 1-3pm 3:15-4:15pm 8-8:40pm 1 Lap 10-11:30am 3:15-5pm 7:15-8pm	2 Lap 10:45am-12:45pm 1-1:45pm 1 Lap 3:15-6pm	2 Lap 1:45-3:40pm	
Open Swim		2 Open Swim 9:15-10am 11:30am-12:15pm 3-3:45pm 7:30-8:40pm	2 Open Swim 11:45am-12:15pm 2:15-4:00pm 7:15-8:40pm	2 Open Swim 3-3:45pm 7:15-8:40pm	2 Open Swim 11:30am-12:45pm 1-3pm 7:15-8:40pm	2 Open Swim 10:45am-12:45pm 3:15-6pm		

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