



ELMHURST YMCA AQUATICS PROGRAM SCHEDULE

OCTOBER 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Hours	8:15am-4:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	6:15am-5:30pm
Safety Breaks (15 min)	10am 12:30pm 2:45pm	6:30am 7:45am 9:15am 10:30am 12:45pm 3:00pm	6:45am 8am 9am 10:30am 12:45pm 3:00pm	6:45am 9am 11am 12:30pm 3pm 6:45pm	6:45am 8am 9:15am 10:30am 12:45pm 3 pm	6:45am 8:15am 9:30am 11:45am 2pm 4:15pm 6:30pm	8am 9am 1:30pm 3:45pm
Water Fitness		Hydrorider Aqua Cycling 6:45-7:45am Shallow Water Fitness 9:30-10:15am	Shallow Water Fitness 8:15-9am Deep Water Fitness 9:15-10am	Shallow Water Fitness 9:15-10am Hydrorider Aqua Cycling 10-11am & 5:45-6:45pm	Shallow Water Fitness 8:15-9am Hydrorider Aqua Cycling 9:30-10:30am & 7:15-8:15pm	Deep Water Fitness 8:30-9:15am	Shallow Water Fitness 8:15-9am
Swim Lessons	Group Lessons 9:15am-11:30pm Individual 11:30am-12:30pm	Individual 3:15-3:45pm Gateway Ray Graham 3:45-5:15pm Group Lessons 5:15-7:30pm	Individual 3:15-4:15pm Group Lessons 4:15-7:15pm	Individual 3:15-6:45pm	Individual 3:30-4:15pm Group Lessons 4:15-7:15pm	Individual 3:15-4:15pm 4:30-5:30pm	Group Lessons 9:15-11:30am Individual 11:30am-12:30pm
Group Swims	Family Swim 12:45-2:45pm			ASA 4-4:45pm		Family Swim 6:45-8:30pm	Special Olympics 11:30am-1:30pm Family Swim 1:45-3:45pm

Please Note:

- Hydrorider Aqua Cycling classes are available to register on the YX APP -- **Aqua Shoes are required**. For more information see details on the YX APP. All Aqua cycle classes are scheduled for 60 minutes. The first 15 minutes of each class is set up and 45 minutes of exercise

For additional information or questions,
please call 630.834.9200.

elmhurstymca.org



ELMHURST YMCA AQUATICS LAP/AEROBIC & OPEN SWIM SCHEDULE

OCTOBER 2026

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

- Schedule is subject to change without notice.
- A limited number of lanes will be available during some programming times.
- Private swimming lessons will receive priority access to the pools during regular operating hours.
- Safety Breaks are 15 minutes in length unless otherwise noted and require all swimmers to exit the pool.
- **KEEP OUR POOL SAFE:** For the safety of all swimmers and guests glass containers are not permitted on the pool deck. Please use plastic, metal or other shatter proof containers instead.

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