



2021 YMCA Pool Schedule and Guidelines for Courts Plus Members

November 8-21, 2021

Building Hours:

Monday-Friday 5:00 a.m.-7:00 p.m.; Saturday 6:00 a.m.-1:00 p.m.; Sunday 9:00 a.m.-2:00 p.m.

- 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.**
- **Lap swim in designated lap lanes only.** We request that lap swimmers share lap lanes. (COVID restrictions apply – 2 lap swimmers per lane) There will be no lap swimming allowed in open lanes.
- **Shower before entering the pool.**
- **We close the pool for 15 minutes for cleaning breaks throughout the day.** Please follow pool schedule for designated cleaning breaks.
- **Use equipment properly.** You are welcome to use kickboards, pull buoys, barbells and noodles but please replace equipment when you are done.
- **Follow the schedule.** Use of the pool will be allowed only during designated times.
- **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.
- **Bring your own towel.**
- **COVID POLICY –** All guests/members must wear their facemask in the building, this includes on the pool deck and in the locker rooms. Remove masks only: just before getting in the pool and or to shower.
- **Cell phone use in lobby only.** Cell phones are permitted in the lobby only and are strictly prohibited in locker rooms.
- **Use appropriate locker rooms.** Please use adult locker rooms only.
- **No Street shoes on deck.** Shoe covers are available outside locker rooms.

POOL LAP SCHEDULE -

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SUNDAY |
|-----------------------|-------------------------------------|-------------------------------------|-----------------------|-------------------------------------|----------------------------------|
| 1-3 Lap Lanes | 1-3 Lap Lanes | 1-3 Lap Lanes | 1-3 Lap Lanes | 1-3 Lap Lanes | 1-3 Lap Lanes |
| 5:15-6:30 a.m. | 5:15-6:30 a.m. | 5:15-6:30 a.m. | 5:15-6:30 a.m. | 5:15-6:30 a.m. | 9:15-11:15 |
| 6:45-7:45 a.m. | 6:45-7:45 a.m. | 6:45-7:45 a.m. | 6:45-7:45 a.m. | 6:45-7:45 a.m. | 11:30-12:30 |
| 8:00-9:00 a.m. | 10:30-11:30 a.m. | 8:00-9:00 a.m. | 10:30-11:30 a.m. | 8:00-9:00 a.m. | 12:45-1:45 2 Lap Lanes |
| 9:15-10:15 a.m. | 11:45 a.m.-12:45 p.m. | 10:30-11:30 a.m. | 11:45 a.m.-12:45 p.m. | 9:15-10:15 a.m. | |
| 10:30-11:30 a.m. | 1:00-2:00 p.m. | 11:45 a.m.-12:45 p.m. | 1:00-2:00 p.m. | 10:30-11:30 a.m. | |
| 11:45 a.m.-12:45 p.m. | 2:15-3:15 p.m. | 2:15-3:15 p.m. | 2:15-3:15 p.m. | 11:45 a.m.-12:45 p.m. | |
| 2:15-3:15 p.m. | 3:30-4:00 p.m. 1 lap lane | 3:30-4:30 p.m. 1 lap lane | 3:30-4:15 p.m. | 2:15-3:15 p.m. | |
| | | 4:45-5:45 p.m. | | 3:30-4:00 p.m. 1 lap lane | |
| | | 6:00-7:00 p.m. | | 4:45-5:45 p.m. | |
| | | | | 6:00-7:00 p.m. 1 lap lane | |

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 Manager
 Elmhurst YMCA