



2024 YMCA Pool Schedule and Guidelines for Courts Members July 29-August 11, 2024

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.**
- **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.
- **Follow the schedule.** Use of the pool will be allowed only during designated times. **Fitness classes are not open to the public; Lanes marked open can be used for aerobic exercise.**
- **Safety Breaks-**Lifeguards close the pool down for a 15 minute break. Break times are indicated on the schedule and coincide with programming and lap/open swim times.
- **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



ELMHURST YMCA AQUATICS PROGRAM SCHEDULE

JULY 2024

	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	6:45am 9am 12:30pm 3:00pm	6:45am 8am 9:15am 10:45am 3pm	6:45am 8:15am 9am 10:15am 3pm 6:15pm 7:15pm	6:45am 8am 9:15am 11am 12:45pm 3:15pm	6:45am 9am 10:30am 12:45pm 3pm 4:45pm 6:30pm	8am 9am 1:30pm 3:45pm
Water Fitness			Aqua Fusion 5:20-5:50am Water Fitness 8:15-9am	Youth Paddleboard 8:30-9am Water Fitness 9:15-10am	Aqua Fusion 5:20-5:50am Water Fitness 8:15-9am		Water Fitness 8:15-9am
Swim Lessons	Individual 10:15am-12:30pm	Individual 3:15-4:00pm 4:45-5:15pm Group Lessons 4-7:30pm	Individual 3:15-4:15pm Group Lessons 4:15-7:15pm	Group Lessons 10:30-11:30am Individual 3:15-4:00pm Group Lessons 4-5pm	Individual 3:30-4:15pm Group Lessons 4:15-7:15pm	Individual 3:15-5pm	Group Lessons 9:15-11:30am Individual 11:30am-12pm
Group Swims	Family Swim 12:45-2:45pm	Camp Swim 11:30am-12:15pm 12:45-3pm	Camp Swim 11-11:45am 12:45-3pm	Camp Swim 12-3pm		Camp Swim 1:30-3pm Family Swim 6:45-8:30pm	Family Swim 1:45-3:45pm

- 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.

For additional information or questions, please call 630.834.9200.

elmhurstymca.org



the power of **PLAY**



ELMHURST YMCA AQUATICS LAP/AEROBIC & OPEN SWIM SCHEDULE

- Safety Breaks are 15 minutes in length and require all swimmers to exit the pool.

AUGUST SCHEDULE NOT AVAILABLE

YMCA SAYS SCHEDULE WILL NOT CHANGE MUCH FOR AUGUST

JULY 2024

	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 8:15-10am 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 7-8am	3 Lap/ 1 Aerobic 5:15-6:45am 7-8:15am	3 Lap/ 1 Aerobic 6-6:45am 7-8am	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- 2:45pm 3-4:30pm	2 Lap 9:15am-11:15am 7:30-8:30pm 1 Lap 3:15-4pm 4:45-5:15pm	2 Lap 5:15-6:45am 9:30-10:45am 11:45-12:30pm 3:15-4:15pm 7:15-8:30pm 1 Lap 3:15-5pm	2 Lap 10:30-11:45am 3:15-4pm 6:30-8:30pm 1 Lap 3-4pm 5-6:30pm	2 Lap 5:15-6:45am 9:30-11am 11:15am-12:45pm 1:00-3:15pm 3:30-4:15pm 7:15-8:30pm 1 Lap 3:15-5pm	2 Lap 10:45am-12:45pm 3:15-8:30pm	2 Lap 12-1:30pm 1:45-3:45pm 4-5:30pm
Open Swim Lanes	2 Open Swim 3-4:30pm	2 Open Swim 9:15am-11:15am 7:30-8:30pm	2 Open Swim 9:30-10:45am 11:45am-12:30pm 7:15-8:30pm	2 Open Swim 7:30-8:30pm	2 Open Swim 9:30-11am 11:15am-12:45pm 1:00-3:15pm 7:15-8:30pm	2 Open Swim 10:45am-12:45pm 1-1:30pm 3-6:30pm	2 Open Swim 12-1:30pm 4-5:30pm

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