



2026 YMCA Pool Schedule and Guidelines for Courts Members July 24-August 8, 2026

- Welcome to the Elmhurst YMCA. Please take a few minutes to familiarize yourself with our swimming pool rules and regulations.
- **Swimming is allowed for ages 18 and up only.**
- **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.
- **Shower before entering the pool.**
- **Use equipment properly.** You are welcome to use kickboards, pull buoys, barbells, swim paddles and noodles. Please be respectful to return equipment to its proper place after use.
- **Follow the schedule.** Use of the pool will be allowed only during designated times. See attachment for pool schedule; Fitness classes are not open to the public; Lanes marked open can be used for aerobic exercise.
- **Safety Breaks** – Lifeguards close the pool for a 15-minute break. Break times are indicated on the schedule and coincide with programming and lap/open swim times.
- **Check-in at the 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.
- **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. **Please note:** Women's locker room lockers require you to have your own lock. Men's locker room lockers have digital locks.
- **We are not responsible for any lost, damaged, or stolen items.** Please secure your personal items in a locked locker. Small lock boxes for phones, wallets or keys are available near the front entrance.
- **No Street shoes on deck.** Shoe covers are available outside 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-AUGUST 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 2:30pm	6:45am 8am 9am 10:30am 12:45pm 2:30pm	6:45am 9am 10am 1:30pm 3pm	6:45am 8am 9:15am 10:45am 12:45pm 3 pm	6:45am 8:15am 9:30am 11:45am 2:30pm 6:30pm	8am 9am 1:30pm 1:45pm 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	Youth Paddleboard 8:30-9am Shallow Water Fitness 9:15-10am Hydrorider Aqua Cycling 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-12:10pm Individual 11:30-12:30pm	Individual 3:15-4pm 4:45-5pm Group Lessons 4:00-4:45 pm 5:15-7:30pm	Group Lessons 10-11:30am (6/16-8/4) 4:15-7:15pm Individual 3:15-4:15pm	Group Lessons 10:30-11:30am (6/10-8/12) 4:00-4:45pm Individual 3:15-6:30pm	Individual 3:30-4:15pm Group Lessons 4:15-7:15pm	Individual 3:15-5pm	Group Lessons 9:15-12:10pm Individual 11:30am-12:30pm
Group Swims	Family Swim 12:45-2:45pm	Camp Swim 1-3pm	Camp Swim 11:30-3pm			Camp Swim 10:45am-3pm Family Swim 6:45-8:30pm	Family Swim 12:30-1:45 2-3:45pm

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.
- **ANNUAL POOL SHUTDOWN FOR MANINTENANCE IS MONDAY, 8/24/26-MONDAY, 9/7/26. ALL PROGRAMMING WILL RESUME ON TUESDAY, 9/8/26

For additional information or questions,
please call 630.834.9200.

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ELMHURST YMCA AQUATICS LAP/AEROBIC & OPEN SWIM SCHEDULE

JULY-AUGUST 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 7-8:15am	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-12:45pm 3:00-4:00pm 4:45-5:15pm 7:30-8:30pm 1 Lap 6:45-7:45am 1:00-1:45 pm 4:00-4:45pm	2 Lap 3:00-4:15pm 7:15-8:30pm 1 Lap 9:15-12:15pm 4:15-5:50pm	2 Lap 11:30-1:30pm 1:45-4:00pm 7:30-8:30pm 1 Lap 10:30am-11:30am 4:00-5:00pm 6:45-7:30pm	2 Lap 11 am-12:45pm 1-3pm 3:15-4:15pm 1 Lap 9:30-10:45am 4:15-5pm 7:15-8:30pm	2 Lap 9:45-10:45am 3:00-6:30pm 6:45-8:30pm 1 Lap 8:30-9:30am	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 3:00-4:00pm 7:30-8:30pm	2 Open Swim 3:15-4:15pm 7:15-8:30pm	2 Open Swim 11:30-1:30pm 1:45-4pm 7:30-8:30pm	2 Open Swim 11am-12:45pm 1-3pm 3:15-4:15pm Deep Only 7:15-8:30pm	2 Open Swim 9:45-10:45am 3:00-6:30pm	2 Open Swim 4-5:30pm

- Schedule is subject to change without notice.
- A limited number of lanes will be available during 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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