



# ELMHURST YMCA AQUATICS SCHEDULE

## MAY 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pool Hours</b>	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
<b>Safety Breaks (15 min)</b>	10am 12:30pm 2:45pm	6:45am 9am 10:30am 12:45pm 3:00pm	6:45am 8am 9:15am 11am 12:45pm 3pm	6:45am 9am 10:15am 12:45pm 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
<b>Water Fitness</b>			<b>Aqua Fusion</b> 5:20-5:50am  <b>Aqua Circuit</b> 8:15-9am	<b>Water Fitness</b> 9:15-10am & 6:30-7:15pm	<b>Aqua Fusion</b> 5:20-5:50am  <b>Aqua Circuit</b> 8:15-9am		<b>Water Fitness</b> 8:15-9am
<b>Swim Lessons</b>	<b>Individual</b> 10:15am-12:30pm	<b>Individual</b> 3:15-5:15pm  <b>Gateway Ray Graham</b> 3:45-5:15pm  <b>Group Lessons</b> 5:15-7:30pm	<b>Individual</b> 3:15-4:15pm  <b>Group Lessons</b> 4:15-7:15pm	<b>Individual</b> 3:30-6:30pm	<b>Individual</b> 3:30-4:15pm  <b>Group Lessons</b> 4:15-7:15pm	<b>Individual</b> 3:15-5pm	<b>Group Lessons</b> 9:15-11:30am  <b>Individual</b> 11:30am-12pm
<b>Group Swims</b>	<b>Family Swim</b> 12:45-2:45			<b>Elmhurst TC</b> 10:30-11:30am <b>ASA</b> 4-4:45pm		<b>ASA</b> 4-4:45pm  <b>Family Swim</b> 6:45-8:30pm	<b>Special Olympics</b> 11:30am-1:30pm  <b>Family Swim</b> 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.
- 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.

[elmhurstymca.org](http://elmhurstymca.org)



the power of **PLAY**



# ELMHURST YMCA AQUATICS LAP/AEROBIC & OPEN SWIM SCHEDULE

**MAY 2024**

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

For additional information or questions, please call 630-834-9200.

[elmhurstymca.org](http://elmhurstymca.org)



the power of **PLAY**