BUEHLER YMCA AQUATICS SCHEDULE

Effective Nov 1, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool Hours	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	7:15am-5pm	7:15am-5pm
Family Pool Hours	7:30am-12:00pm 2:15pm-8:30pm	7:30am-12:00pm 2:15pm-8:30pm	7:30am-12:00pm 2:15pm-8:30pm	7:30am-12:00pm 2:15pm-8:30pm	7:30am-12:00pm 2:15pm-8:30pm	8:30am-5pm	8:30am-5pm
Safety Break*	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm		
Water Fitness	**Arthritis Water Fitness** 8:45-9:30am Family Pool **HydroTone** 9:30-10:15am Lap Pool (3-4 Lanes)		**Arthritis Water Fitness** 8:45-9:30am Family Pool **Aqua HIIT** 9:30-10:15am Lap Pool (3-4 Lanes)		**Arthritis WF – Level 2** 8:45-9:30am Family Pool **Aqua Bootcamp** 9:30-10:15am Lap Pool (3-4 Lanes)		
Group Swim Lessons	**Lap Pool** 4-7pm **Family Pool** 4-7:30pm	**Lap Pool** 4-7pm **Family Pool** 4-7pm	**Lap Pool** 4-7pm **Family Pool** 4-7pm			**Lap Pool** 8:30am-1pm **Family Pool** 8:30am-1pm	**Lap Pool** 8:30am-12:30pm **Family Pool** 8:30am-12:30pm
Swim Teams	**Masters** 5:15-7:30am (4 Lanes)					**Masters** 7:15-8:30am (4 Lanes)	
	Blue Marlins 4:30-7:30PM (3-4 Lanes)						**Blue Marlins** 12:30-1:30pm (4 Lanes)

- Schedule is subject to change.
- *There will be no Safety Break on the following dates: 10/12-13, 11/23-27 and 12/21-12/31
- Buehler YMCA is CLOSED 11/26 and 12/25. 11/27 (regular hours), 12/24 & 12/31 7am - 2pm
- Fitter and Faster 11/28-29. Lap Pool closes at 9:00am
- 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. Hot tub is available during the Lap Pool hours of operation.

For additional information or questions, please contact
Becky Menso, Senior Program Director at rmenso@ymcachicago.org or 847-410-5206.
Brandon Silver, Sports and Aquatics Manager at bsilver@ymcachicago.org or 847-410-5219

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