



ELMHURST YMCA AQUATICS PROGRAM SCHEDULE

MAY 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 3:00pm	6:45am 8am 9am 10:30am 12:45pm 3:00pm	6:45am 9am 10am 12:15pm 3pm	6:45am 8am 9:15am 10:45am 12:45pm 3pm	6:45am 8:15am 9:30am 11:45am 2pm 6:30pm	8am 9am 1:30pm 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	Shallow Water Fitness 9:15-10am Hydrorider Aqua Cycling 10:15-11:15am & 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-11:30pm Individual 11:30-12:30pm	Individual 3:15-3:45pm Gateway Ray Graham 3:45-5:15pm Group Lessons 5:15-7:30pm	Individual 3:15-4:15pm Group Lessons 4:15-7:15pm	Individual 3:15-6:30pm Private Group Lessons 6:45-7:30pm	Individual 3:30-4:15pm Group Lessons 4:15-7:15pm	Individual 3:15-5pm	Group Lessons 9:15-11:30am Individual 11:30am-12:30pm
Group Swims	Family Swim 12:45-2:45pm			ASA 4-4:45pm		Family Swim 6:45-8:30pm	Special Olympics 11:30am-1:30pm Family Swim 1:45-3:45pm

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.

For additional information or questions, please call 630.834.9200.

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ELMHURST YMCA AQUATICS LAP/AEROBIC & OPEN SWIM SCHEDULE

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