



ELMHURST YMCA AQUATICS PROGRAM SCHEDULE

NOVEMBER 2023

	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 10:30am 12:45pm 3:15pm	6:45am 8am 9:15am 11am 12:45pm 3pm	6:45am 9am 10:30am 12:45pm 3pm 6:15pm 7:15pm	6:45am 8am 9:15am 11am 12:45pm 3pm	6:45am 9am 10:30am 12:45pm 3pm 5pm 6:30pm	8am 9am 1:30pm 3:45pm
Water Fitness			Aqua Fusion 5:20-5:50am Aqua Circuit 8:15-9am	Water Fitness 9:15-10am & 6:30-7:15pm	Aqua Fusion 5:20-5:50am Aqua Circuit 8:15-9am		Water Fitness 8:15-9am
Swim Lessons	Individual 10:15am-12:30pm	Individual 3:15-5:15pm 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 3:30-6:30pm	Individual 3:15-4:15pm Group Lessons 4:15-7:15pm	Individual 3:15-5pm	Group Lessons 9:15-11:30am Individual 11:30am-12pm
Group Swims	Family Swim 12:45-2:45			ASA 4-4:45pm		ASA 4-4:45pm Family Swim 6:45-8:30pm	Special Olympics 11:30am-1:30pm 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.
- › 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



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ELMHURST YMCA AQUATICS LAP/AEROBIC & OPEN SWIM SCHEDULE

NOVEMBER 2023

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

For additional information or questions, please call 630.834.9200.

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