



BUEHLER YMCA AQUATICS SCHEDULE

Effective September 2, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool Hours	5:15am-9pm	5:15am-9pm	5:15am-9pm	5:15am-9pm	5:15am-8pm	7:15am-5pm	7:15am-5pm
Family Pool Hours	7:30am-12:30pm 4pm-8pm	7:30am-12:30pm 4pm-8pm	7:30am-12:30pm 4pm-8pm	7:30am-12:30pm 4pm-8pm	7:30am-12:30pm 4pm-8pm	8:30am-5pm	8:30am-5pm
Water Fitness	Arthritis Water Fitness 8:30-9:15am Family Pool HydroTone 9:30-10:15am Lap Pool (3-4 Lanes)		Arthritis Water Fitness 8:30-9:15am Family Pool Aqua HIIT 9:30-10:15am Lap Pool (3-4 Lanes)		Arthritis WF – Level 2 8:30-9:15am 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		Family Pool 9:30am-12:15pm	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 5-8:30PM (3-4 Lanes)				Blue Marlins 5-8pm (4 Lanes)		Blue Marlins 12:30-1:30pm (4 Lanes)

- Schedule is subject to change.
- There is a 15-minute Safety Break at 10:30am and 2pm on weekdays. All swimmers need to exit the pools and Hot Tub.
- 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, Aquatics Director at rmenso@ymcachicago.org or 847-410-5206.