



# BUEHLER YMCA AQUATICS SCHEDULE

Effective March 27, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Pool Hours</b>	5:15am-1pm 4pm-9pm	5:15am-1pm 4pm-9pm	5:15am-1pm 4pm-9pm	5:15am-1pm 4pm-9pm	5:15am-1pm 4pm-8pm	7:15am-3pm	7:15am-3pm
<b>Family Pool Hours</b>	7:30am-11am 4pm-8pm	7:30am-11am 4pm-8pm	7:30am-11am 4pm-8pm	7:30am-11am 4pm-8pm	7:30am-11am 4pm-8pm	8:30am-3pm	8:30am-3pm
<b>Safety Breaks</b>	9am 11am						
<b>Water Fitness</b>	<b>Arthritis Water Fitness</b> 8-8:45am Family Pool	<b>HydroTone</b> 9:15-10am	<b>Arthritis Water Fitness</b> 8-8:45am Family Pool	<b>Aqua HIIT</b> 9:15-10am			
<b>Group Swim Lessons</b>	<b>Lap Pool</b> 4-7pm  <b>Family Pool</b> 4-7:30pm	<b>Lap Pool</b> 4-7pm  <b>Family Pool</b> 4-7pm				<b>Lap Pool</b> 8:30am-1pm  <b>Family Pool</b> 8:30am-1pm	<b>Lap Pool</b> 8:30am-12:30pm  <b>Family Pool</b> 8:30am-12:30pm
<b>Swim Teams</b>	<b>Masters</b> 5:15-7:30am					<b>Masters</b> 7:15-8:30am	
	<b>Blue Marlins</b> 4:30-8PM						<b>Blue Marlins</b> 12:30-3pm

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › Safety Breaks are 15 minutes in length and require all swimmers to exit the pool.
- › Hot tub is available during Lap Pool operation hours.
- › Private swim lessons will receive priority access to the pools during regular operating hours.

For additional information or questions, please contact  
Becky Menso, Aquatics Manager at [rmenso@ymcachicago.org](mailto:rmenso@ymcachicago.org) or 847-410-5206.