



SOUTHSIDE YMCA LAP POOL AQUATICS SCHEDULE

September 8th – November 30th , 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:00a-10:00a (4) 10:00a-2:00p (3) 4:00p-8:45p (1)	6:00a-10:00a (4) 10:00a-2:00p (3) 4:00p-8:45p (1)	6:00a-10:00a (4) 10:00a-2:00p (3) 4:00p-8:45p (2)	6:00a-10:00a (4) 10:00a-2:00p (3) 4:00p-8:45p (3)	10:00a-2:00p (4) 4:00p-8:45p (2)	7:00a-9:00a (4) 9:00a-1:45p (2) 1:45p-2:45p (4)	7:00a-9:00a (4) 9:00a-12:00p (2) 12-2:45p (4)
Aqua Fitness	10a- 10:45a (2) 7p- 7:45p (2)	10a- 10:45a (2) 7p- 7:45p (2)	10a- 10:45a (2) 7p- 7:45p (2)	10a- 10:45a (2) 7p- 7:45p (2)			
Open Swim	6:00a-10:00a (1) 11:00a-2:00 (1) 4:00p-8:45p (1)	6:00a-10:00a (1) 11:00a-2:00 (1) 7:45p-8:45p (1)	6:00a-10:00a (1) 11:00a-2:00 (1) 4:00p-8:45p (1)	6:00a-10:00a (1) 11:00a-2:00 (1) 7:45p-8:45p (1)	6:00a-2:00p (1) 4:00p-8:45p (1)	7:00a-2:45p (1)	7:00a-2:45p (1)
Swim Lessons	4:30p-7:30p (2)	5:00p-7:30p (2)		5:00p-7:30p (2)	4:30p-7:00p (2)	9:00a-1:45p (3)	9:00a-12:00p (2)
Water Works	5:00p-7:00p (2)	5:00p-7:00p (2)	5:00p-7:00p (2)				

The number in parentheses (#) is how many lanes are allocated for the activity

SCHEDULES ARE SUBJECT TO PRIVATE LESSON, PROGRAM, RENTAL AND OPERATIONAL VARIABLES

- **SWIM LESSONS REQUIRES REGISTRATION**
- **AQUA FITNESS REQUIRES REGISTRATION**



SOUTHSIDE YMCA FAMILY POOL AQUATICS SCHEDULE

September 8th – November 30th , 2025

	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim			5:00p-8:00p		5:00p-8:00p		11:00a-2:00p	11:00a-2:00p
Pool Parties	Ask About Availability		Ask About Availability	Ask About Availability	Ask About Availability	Ask About Availability	Ask About Availability	Ask About Availability

SCHEDULES ARE SUBJECT TO PRIVATE LESSON, PROGRAM, RENTAL AND OPERATIONAL VARIABLES

- **SWIM LESSONS REQUIRES REGISTRATION**
- **AQUA FITNESS REQUIRES REGISTRATION**

Activities and Descriptions	
Swim Lessons	YMCA Swim Lessons; lap lane availability decreases during swim lessons
Private Swim Lesson	YMCA private swim lessons; Based on availability, please inquire
Rentals	Reservation by external organizations. Lanes are \$60/hr, members & \$85/hr non-members
Aqua Fitness	Refreshing fitness experience with dynamic water movements
Lap Swim	Lanes are first come, first served. Circle swim is required if there are more than two in a lane
Open Swim	Anyone is welcome to attend! Swim, Play Or Exercise.
Family Swim	All ages may attend; Family Swim is limited to the Family Pool
Adult Swim	18 years and up; A space for independent exercise, water walking, and leisure swimming
Pool Parties	Pool parties can be 1hr or 2hrs in the Family Pool

For additional information or questions, please contact the Aquatics Team at southsideaquatics@ymcachicago.org or 773-947-0700.