

Elmhurst YMCA  
 211 W. First St.  
 Elmhurst, IL 60126

# Lap Schedule

2/21/10-4/17/10

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
5:00		3 Lap Lanes, 1 Open Lane 5:00-8:40	3 Lap Lanes, 1 Open Lane 5:00-8:40	3 Lap Lanes, 1 Open Lane 5:00-8:40	3 Lap Lanes, 1 Open Lane 5:00-8:40	3 Lap Lanes, 1 Open Lane 5:00-8:40	3 Lap Lanes, 1 Open Lane 6:00-8:00	5:00
5:30								5:30
6:00								6:00
6:30								6:30
7:00								7:00
7:30								7:30
8:00	1 Lap Lane for Adaptive Aquatics only 9:00-11:00	1 Lap Lane 10:15-11:30	2 Lap 11-11:30	2 Lap Lanes 11-12	2 Lap 11-11:30	2 Lap 11-11:30	1 Lane 10:45-11:15	8:00
8:30								8:30
9:00								9:00
9:30								9:30
10:00								10:00
10:30								10:30
11:00	2 Lap Lanes, 2 Open Lanes 11:00-12:30	2 Lap Lanes, 2 Open Lanes 11:30-1	2 Lap, 2 Open 11:30-1:00	2 Lap, 2 Open 12-1	2 Lap, 2 Open 11:30-1	2 Lap, 2 Open 11:30-1:00	1 Lap Lane 12:00-1:30	11:00
11:30								11:30
12:00								12:00
12:30								12:30
1:00								1:00
1:30								1:30
2:00	2 Lap, 2 Open 2-3	2 Lap Lanes, 2 Open 2-3:30	1 Lap 2-2:30	2 Lap Lanes, 2 Open 2-4	1 Lap 2-2:30	2 Lap, 2 Open 2-3:30	2 Lap, 2 Open 3-5:45	2:00
2:30								2:30
3:00								3:00
3:30								3:30
4:00								4:00
4:30								4:30
5:00	1 Lap Lane 4-5	1 Lap Lane 5:00-7	1 Lap Lane 3:45-6:15	1 Lap Lane 4-5	1 Lap Lane 4:30-6	1 Lap Lane 4:30-7	2 Lap, 2 Open 3-5:45	5:00
5:30								5:30
6:00								6:00
6:30								6:30
7:00								7:00
7:30								7:30
8:00	2 Lap, 2 Open 7:45-9:45	2 Lap, 2 Open 8:45-9:45	1 Lap 7:45-8:45	2 Lap Lanes, 2 Open Lanes 7:45-9:45	2 Lap, 2 Open 8:30-9:45	2 Lap Lanes, 2 Open Lanes 7-9:45		8:00
8:30								8:30
9:00								9:00
9:30								9:30
9:30								9:30
10:00								10:00

Times and availability are subject to change without notice.

If you have any questions please call the YMCA @ 630-834-9200

# Program Schedule

2/21/10-4/17/10

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
5:00								5:00
5:30								5:30
6:00		Open Lap Swim 5:00-8:40	Open Lap Swim 5:00-8:40	Open Lap Swim 5:00-8:40	Open Lap Swim 5:00-8:40	Open Lap Swim 5:00-8:40	Open Lap Swim 6:00-8:00	6:00
6:30	6:30							
7:00	7:00							
7:30	7:30							
8:00	8:00							
8:30		Aquaftit 8:45-9:30	Aquaftit 8:45-9:30	Aquaftit 8:45-9:30	Aquaftit 8:45-9:30	Aquaftit 8:45-9:30	Aquaftit 8-8:45/DeepH2O 8:30-9:15	8:30
9:00	Adaptive Aquatics 9:00- 11:00	Deep H2O 9:30- 10:15	H2O Sculpt 9:30- 10:15	Deep H2O 9:30- 10:15	H2OSculpt 9:30- 10:15	Deep H2O 9:30-10:15	Swim Lessons: P/C 8:45-9:15, Pre 9:20- 9:50, Youth 9:55- 10:35, Pre 10:40- 11:10, Youth 11:15- 11:55	9:00
9:30								9:30
10:00		P/C 9:45-10:15, P/S 10:20-10:50	Twinges 10:15-11	Pre. People 10:30-11	Twinges 10:15-11	Hillside 10:15-10:45		10:00
10:30		10:30						
11:00	Open Swim 11:00 12:30	Hillside 11-11:30	Fit & Fun 11-11:30	Phillip Rock 11-12	Fit & Fun 11-11:30	MS 10:45-11:15	11:00	
11:30		Open Swim 11:30-12	Open 11:30-12		Open 11:30-12	Open 11:15-12	11:30	
12:00		Lunch Lap Swim 12-1	Lunch Lap Swim 12-1	Lunch Lap Swim 12-1	Lunch Lap Swim 12-1	Lunch Lap Swim 12-1	Open/Private Lessons 12:00- 1:30	12:00
12:30	Private Lessons 12:30-2	Kinder Swim 1-2	Smooth Moves 1:15-2	Kinder Swim 1-2	Smooth Moves 1:15-2	Kinder Swim 1-2	Family Swim 1:30- 3:00	12:30
1:00								1:00
1:30			Fit & Fun 2-2:30	Open 2-4	Fit & Fun 2-2:30	Open 2-3:30	1:30	
2:00	Family Swim 2:00 4:15	Open 2-3:30	Open 2:30-3:45		Open 2:30-3:45		Open 2:30-3:45	Open 2:30-3:30
2:30				2:30				
3:00		After School Care Swim/Open 3:30- Ray Graham 4-5	Swim Lessons Preschool 3:45-4:15, Youth 4:20-5:00	Private Lessons 4- 5	Swim Lessons Youth 3:45-4:25, Preschool 4:30-5:00	After School Care 3:30-4:30	Open 3:00-5:45	3:00
3:30	3:30							
4:00	Swim Lessons: Preschool 4:15- 4:45, Youth 4:50- 5:30	Swim Lessons: Youth 5-5:40, Pre 5:45-6:15, Youth 6:20-7	Stroke Clinic 5:00- 6:00	Swim Lessons: Pre 5:10-5:40, Youth 5:45-6:25, Pre&P/C 6:30-7	Stroke Clinic 5:00- 6:00	Open/Private Lessons 4:30-7:00		4:00
4:30								4:30
5:00		Deep H2O/Kickboxing 7 7:45	Adult Swim 7- 7:30/Twinges 7-7:45	H2O Sculpt 7-7:45	Aquaftit 6:30-7:15	Family Night 7- 9:45		5:00
5:30	5:30							
6:00		Open 7:45-9:45	Adult Advanced Swim 7:45-8:45	Scuba 7:45-9:45	Swim Workout 7:30-8:30	Open 8:30-9:45		6:00
6:30	6:30							
7:00								7:00
7:30								7:30
8:00								8:00
8:30								8:30
9:00								9:00
9:30								9:30