



# BUEHLER YMCA AQUATICS SCHEDULE

Effective March 3, 2025

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

- Schedule is subject to change.
  - March 24-28 - Kids Day Out Swims 10:45am-11:45am in Family Pool.
  - April 26-27 – Fitter & Faster returns, Lap Pool closes at 9am
  - Modifications to the schedule for other special events will be posted on the Lap Pool Scoreboard and at the Front Desk.
- 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. Hot tub will be closed for cleaning on Wednesdays 12pm-4:00pm

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