



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Lap Swim will require reservations. Each session lasts 45 minutes so that lifeguards can clear the pool deck to clean before the next session begins. Please keep in mind the following:

- **Lap swim is open to YMCA members 14 years and up who are capable of and continuously swim from one end of the pool to the other.**
- Lap lanes must be reserved in advance through the online Appointment King.
- Reservations can be made up to 14 days in advance until 1 hour before desired reservation time
- Please arrive no more than 15 minutes prior to your 45-minute time block.
- **Only one (1) 45-minute reservation per member will be allowed each day with a maximum of 4 reservations per week.**
- Pool will be set up with 3 double lanes allowing 3 swimmers per double lane, 9 swimmers total.
- When sharing the double lane with 3 swimmers: one swimmer on the right side, one the left side and one swimmer down the middle of the double lane.
- No circle swimming.
- Talking must be limited.
- Water fitness lap swimmers are encouraged to use the lanes 1-2, if available.
- Lanes may be assigned by lifeguard on duty and cannot be requested on Appointment King.
- **NO EQUIPMENT WILL BE PROVIDED.** Members should bring their own towels, filled water bottles and swim gear (kick boards, etc.) for their swim.
- Additional swim times may be booked 2 hours prior to an appointment if there are openings by calling the front desk at 847-272-7250.
- If you are unable to attend your reserved time slot, please be sure to cancel your reservation.

Locker Room Etiquette:

- Please limit time in locker room to 20 minutes.
- Please social distance while in shower area with the shower curtains closed and wear a mask in all the changing areas.
- Arrive in your suit if possible as this helps reduce the number of persons in the changing areas at any given time.
- No congregating at any time in locker room.
- Locker rooms will be cleaned throughout the day and professionally cleaned overnight.

Please contact Missy Contri, Aquatics Director at mcontri@nsymca.org with any questions.

North Suburban YMCA
2705 Techny Rd, Northbrook, IL 60062
847-272-7250 www.nsymca.org