



North Suburban YMCA
2705 Techy Road **Northbrook, IL 60062**
847.272.7250 **www.nsymca.org**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:45							
7:00							
7:15							
7:30							
7:45							
8:00		Cardio Splash					
8:15							
8:30	H2O X		H2O X		H2O X		
8:45		Aqua Ease		Aqua Ease			
9:00	Cardio Splash		Cardio Splash		Cardio Splash		
9:15							
9:30		9:30-11:00 Swim Lessons		9:30-11:00 Swim Lessons			
9:45							
10:00	Gentle Joints		Gentle Joints		Gentle Joints		
10:15	Clay & Swim						
10:30							
10:45							
11:00							
11:15							
11:30		Swim Stretches & Socialize		Swim Stretches & Socialize			
11:45							
12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:15							
12:30							
12:45							
1:00	1:00-3:00 Family Swim						
1:15							
1:30		1:00-2:30 Swim Lessons		1:00-2:30 Swim Lessons			
1:45		RENTAL					
2:00							
2:15	Clay & Swim						
2:30							
2:45							
3:00		Lap Swim	PSL				
3:15			Family Swim				
3:30							
3:45							
4:00	Swim Team		Swim Team		Swim Team		
4:15							
4:30		4:00-5:30 Swim Lessons		4:00-5:30 Swim Lessons			
4:45							
5:00							
5:15							
5:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:45							
6:00							
6:15							
6:30	6:30-8:00 Swim Lessons		6:30-8:00 Swim Lessons		6:30-8:00 Family Swim		
6:45							
7:00							
7:15							
7:30							
7:45							
8:00	8:00-9:00 Adult Lessons		8:00-9:00 Adult Lessons				
8:15							
8:30							
8:45							
9:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
9:15							
9:30							
9:45							

Spring Session Pool Schedule: 4/03/17 - 6/11/17
as of 3/28/2017 *schedule subject to change*