



North Suburban YMCA

2705 Techny Road
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Northbrook, IL 60062
www.nsymca.org

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30	Lap Swim 5:00 - 10:30	Lap Swim 5:00 - 9:30	Lap Swim 5:00 - 10:30	Lap Swim 5:00 - 9:30	Lap Swim 5:00 - 10:30	Pool Closed	Pool Closed
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15	H2O X	CARDIO SPLASH	H2O X	Aqua Ease	H2O X	Lap Swim 6:00 - 8:30	Lap Swim 7:00 - 2:00
8:30	H2O X	Aqua Ease	H2O X	Aqua Ease	H2O X		
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00	Camp Swim 10:30 - 12:00	Swim Stretch Social	Camp Swim 10:30 - 12:00	Swim Stretch Social	Camp Swim 10:30 - 12:00	9:30-12:45 Swim Lessons	Lifeguarding
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15	Camp Swim 1:00 - 4:00	Camp Swim 1:00 - 4:00	Camp Swim 1:00 - 4:00	Pool Closed for Cleaning	Camp Swim 1:00 - 4:00	Family Swim 2:00 - 3:45	Family Swim 2:00 - 3:45
2:30							
2:45							
3:00							
3:15							
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9:00							
9:15							
9:30							
9:45							

Summer Schedule: 6/12/17 - 8/20/17
as of 6/7/2017

schedule subject to change