



North Suburban YMCA
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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	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:15							
6:30							
6:45						Lap Swim	
7:00							Lap Swim
7:15							
7:30							
7:45							
8:00							
8:15		Cardio Splash					
8:30	H2O X		H2O X		H2O X		
8:45		Aqua Ease		Aqua Ease		PSL Adult Lessons	
9:00	Cardio Splash		Cardio Splash		Cardio Splash		
9:15							
9:30		9:30-11:00 Swim Lessons		9:30-11:00 Swim Lessons			PSL
9:45							
10:00	Gentle Joints		Gentle Joints		Gentle Joints		
10:15							
10:30							
10:45							
11:00						9:30-12:45 Swim Lessons	
11:15		PSL		PSL	Gym/Swim		Special Olympics Swim Team
11:30		Swim Stretch Socialize		Swim Stretch Socialize			
11:45							
12:00							
12:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:30							
12:45							
1:00							12:30-2:00 Swim Lessons
1:15		PSL					
1:30		1:00-2:30 Swim Lessons		1:00-2:30 Swim Lessons			
1:45		RENTAL					
2:00							
2:15							
2:30							
2:45							
3:00						2:00-3:45 Family Swim	2:00-3:45 Family Swim
3:15							
3:30							
3:45							
4:00							
4:15	Swim Team		Swim Team		Swim Team		
4:30		4:00-5:30 Swim Lessons		4:00-5:30 Swim Lessons			
4:45							
5:00							
5:15							
5:30							
5:45	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Birthday Party Pool Rental	Birthday Party Pool Rental
6:00							
6:15							
6:30							
6:45		6:30-8:00 Family Swim		6:30-8:00 Family Swim			
7:00	6:30-8:00 Swim Lessons		6:30-8:00 Swim Lessons		6:30-8:00 Family Swim		
7:15							
7:30							
7:45							
8:00	8-8:45pm Adult Lessons		8-8:45pm 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							

Fall 1 Session Pool Schedule: 8/21/17 - 10/22/17
 as of 8/10/2017 *schedule subject to change*