



North Suburban YMCA
 2705 Techny 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	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		Cardio Splash					
8:15							
8:30	H2O X		H2O X		H2O X		
8:45		Aqua Ease		Aqua Ease		PSL	
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							
10:15	Gentle Joints				Gentle Joints		
10:30							
10:45		Clay Swim					
11:00							
11:15		Adult Lessons		Swim Stretch Socialize			
11:30							
11:45							
12:00							
12:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	2 Seconds 2 Long	2 Seconds 2 Long
12:30							
12:45							
1:00							
1:15							
1:30		1:00-2:30 Swim Lessons					12:45-2:15 Swim Lessons
1:45							
2:00	1:00-3:00 Family Swim						
2:15							
2:30							
2:45							
3:00		Lap Swim					
3:15							
3:30							
3:45							
4:00							
4:15	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		
6:00							
6:15							
6:30							
6:45							
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 Session Pool Schedule: 8/20/18 - 12/23/18
 as of 9/7/2018 *schedule subject to change*