



North Suburban YMCA

2705 Techny Road  
847.272.7250

Northbrook, IL 60062  
www.nsymca.org

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		5:00	5:00	5:00	5:00	5:00	5:00
5:30		5:30	5:30	5:30	5:30		5:30
5:45		5:45	5:45	5:45	5:45		5:45
6:00		6:00	6:00	6:00	6:00		6:00
6:15		6:15	6:15	6:15	6:15		6:15
6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:45		6:45	6:45	6:45	6:45		6:45
7:00		7:00	7:00	7:00	7:00		7:00
7:15		7:15	7:15	7:15	7:15		7:15
7:30		7:30	7:30	7:30	7:30		7:30
7:45		7:45	7:45	7:45	7:45		7:45
8:00		CARDIO SPLASH	8:00	8:00	8:00		Lap Swim
8:15	H2O X	8:15	8:15	8:15	8:15		8:15
8:30		8:30	8:30	8:30	8:30		8:30
8:45		8:45	8:45	8:45	8:45	PSL	8:45
9:00	CARDIO SPLASH	Aqua Ease	9:00	9:00	9:00		9:00
9:15		9:15	9:15	9:15	9:15		9:15
9:30	Gentle Joints	9:30	9:30	9:30	9:30		9:30
9:45		9:45	9:45	9:45	9:45		9:45
10:00		10:00	10:00	10:00	10:00		10:00
10:15		10:15	10:15	10:15	10:15		10:15
10:30	Camp Swim 10:30-12pm	Swim Lessons 9:30-12pm	Camp Swim 10:30-12pm	Swim Lessons 9:30-12pm	Camp Swim 10:30-12pm	Swim Lessons 9:15-12:45pm	PSL
10:45		10:45	10:45	10:45	10:45		10:45
11:00		11:00	11:00	11:00	11:00		11:00
11:15		11:15	11:15	11:15	11:15		11:15
11:30		11:30	11:30	11:30	11:30		11:30
11:45		11:45	11:45	11:45	11:45		11:45
12:00	Lap Swim 12-1pm	Lap Swim 12-1pm	Lap Swim 12-1pm	Lap Swim 12-1pm	Lap Swim 12-1pm		Lap Swim 12-3:45pm
12:15		12:15	12:15	12:15	12:15		12:15
12:30		12:30	12:30	12:30	12:30		12:30
12:45		12:45	12:45	12:45	12:45		12:45
1:00		1:00	1:00	1:00	1:00	PSL	1:00
1:15		1:15	1:15	1:15	1:15		1:15
1:30	Camp Swim 1-4pm	Camp Swim 1-4pm	Camp Swim 1-4pm	Pool Closed for Cleaning	Camp Swim 1-4pm		1:30
1:45		1:45	1:45	1:45	1:45		1:45
2:00		2:00	2:00	2:00	2:00		2:00
2:15		2:15	2:15	2:15	2:15	Family Swim 2-3:45pm	2:15
2:30		2:30	2:30	2:30	2:30		2:30
2:45		2:45	2:45	2:45	2:45		2:45
3:00		3:00	3:00	3:00	3:00		3:00
3:15		3:15	3:15	3:15	3:15		3:15
3:30		3:30	3:30	3:30	3:30		3:30
3:45		3:45	3:45	3:45	3:45		3:45
4:00		4:00	4:00	4:00	4:00	Transition	Transition
4:15	Swim Team	Swim Lessons 4-5:30pm	Swim Team	Swim Lessons 4-5:30pm	Special Olympics Swim Team	Lap Swim 4-4:45pm	Lap Swim 4-4:45pm
4:30		4:30	4:30	4:30			4:30
4:45		4:45	4:45	4:45	4:45		4:45
5:00		5:00	5:00	5:00	5:00		5:00
5:15		5:15	5:15	5:15	5:15	Birthday Party Pool Rental	Birthday Party Pool Rental
5:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		5:30
5:45		5:45	5:45	5:45	5:45		5:45
6:00		6:00	6:00	6:00	6:00		6:00
6:15		6:15	6:15	6:15	6:15		6:15
6:30	Swim Lessons 6:30-8:00	Family Swim 6:30-8:00	Swim Lessons 6:30-8:00	Family Swim 6:30-8:00	Family Swim 6:30-8pm		6:30
6:45		6:45	6:45	6:45	6:45		6:45
7:00		7:00	7:00	7:00	7:00		7:00
7:15		7:15	7:15	7:15	7:15		7:15
7:30		7:30	7:30	7:30	7:30		7:30
7:45		7:45	7:45	7:45	7:45		7:45
8:00	8-8:45pm Adult Lessons	Lap Swim	8-8:45pm Adult Lessons	Lap Swim	Lap Swim		8:00
8:15		8:15	8:15	8:15	8:15		8:15
8:30		8:30	8:30	8:30	8:30		8:30
8:45		8:45	8:45	8:45	8:45		8:45
9:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		9:00
9:15		9:15	9:15	9:15	9:15		9:15
9:30		9:30	9:30	9:30	9:30		9:30
9:45		9:45	9:45	9:45	9:45		9:45

Summer Schedule: 6/11/18 - 8/19/18  
as of 6/6/2018

\*schedule subject to change\*