



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		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	Gentle Joints		Gentle Joints		Gentle Joints		
10:15							
10:30							
10:45							
11:00		Swim Stretch Socialize		Swim Stretch Socialize			
11:15							
11:30							Special Olympics Swim Team
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				PSL	12:45-2:15 Swim Lessons
1:45		RENTAL					
2:00	1:00-3:00 Family Swim		2:00-4:00pm Family Swim		1:00-3:00 Family Swim		
2:15							
2:30							
2:45							
3:00		Lap Swim				2:00-3:45 Family Swim	2:15-3:45 Family Swim
3:15							
3:30							
3:45							
4:00						Transition	Transition
4:15	Swim Team		Swim Team		Swim Team	Lap Swim 4-4:45pm	Lap Swim 4-4:45pm
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	6:30-8:00 Family Swim		
7:00	6:30-8:00 Swim Lessons		6:30-8:00 Swim Lessons				
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							

Winter Session Pool Schedule: 1/7/19 - 3/24/19
 as of 1/3/2019 *schedule subject to change*