



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							
5:15							
5:30							
5:45							
6:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:15							
6:30						Lap Swim	
6:45							
7:00							Lap Swim
7:15							
7:30							
7:45							
8:00		Cardio Splash					
8:15	H2O X		H2O X		H2O X		
8:30		Aqua Ease		Aqua Ease		PSL	
8:45	Cardio Splash		Cardio Splash		Cardio Splash		
9:00		9:30-11:00 Swim Lessons		9:30-11:00 Swim Lessons		9:00-12:15 Swim Lessons	
9:15							
9:30	Gentle Joints	Clay/Swim	Gentle Joints	Gentle Joints	Gentle Joints		PSL
9:45		Adult Lessons					
10:00		Swim Stretch Socialize		Swim Stretch Socialize			
10:15							
10:30							
10:45							
11:00							Special Olympics Swim Team
11:15							
11:30							
11:45							
12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	2 Seconds 2 Long	2 Seconds 2 Long
12:15							
12:30							
12:45							
1:00	1:00-3:00 Family Swim	1:00-2:30 Swim Lessons	2:00-4:00pm Family Swim	PSL	1:00-3:00 Family Swim	PSL	12:45-2:15 Swim Lessons
1:15		RENTAL				PSL	
1:30						PSL	
1:45						Gym/Swim	
2:00							2:00-3:45 Family Swim
2:15							2:15-3:45 Family Swim
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00	Swim Team	4:00-5:30 Swim Lessons	Swim Team	4:00-5:30 Swim Lessons	Swim Team	Special Olympics Team	Lap Swim 4-4:45pm
4:15							
4:30							
4:45							
5:00							Birthday Party Pool Rental
5:15							Birthday Party Pool Rental
5:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:45							
6:00							
6:15							
6:30	6:30-8:00 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		
6:45							
7:00							
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 8/13/2018 *schedule subject to change*