



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	H2O X		H2O X		H2O X		
8:30		Aqua Ease		Aqua Ease		PSL	
8:45	Cardio Splash		Cardio Splash		Cardio Splash	PSL	
9:00		9:30-11:00 Swim Lessons		9:30-11:00 Swim Lessons			
9:15							
9:30	Gentle Joints		Gentle Joints		Gentle Joints		
9:45							
10:00							
10:15							
10:30							
10:45							
11:00						9:15-12:45 Swim Lessons	
11:15		Adult Lessons		Adult Lessons	Gym/Swim		
11:30		Swim Stretch Socialize		Swim Stretch Socialize			Special Olympics Swim Team
11:45					PSL		
12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:15							
12:30							
12:45							
1:00	1:00-3:00 Family Swim	PSL			1:00-3:00 Family Swim	PSL	12:30-2:00 Swim Lessons
1:15							
1:30		1:00-2:30 Swim Lessons				Lap Swim	
1:45		RENTAL				RENTAL	
2:00	Clay Swim				Gym/Swim		
2:15							
2:30							
2:45							
3:00		Lap Swim				2:00-3:45 Family Swim	2:00-3:45 Family Swim
3:15							
3:30							
3:45			2:30-4:00pm Family Swim				
4:00	Swim Team					Transition	Transition
4:15							
4:30		4:00-5:30 Swim Lessons		4:00-5:30 Swim Lessons		Lap Swim 4-4:45pm	Lap Swim 4-4:45pm
4:45							
5:00							
5:15							
5:30						Birthday Party Pool Rental	Birthday Party Pool Rental
5:45	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
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: 1/8/2018 - 3/25/2018
 as of 2/5/2018 *schedule subject to change*