



North Suburban YMCA
 2705 Techny Road
 Northbrook, IL 60062
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 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						
6:15		Lap Swim	Lap Swim				
6:30				Lap Swim	Lap Swim		
6:45						Lap Swim	Lap Swim
7:00							
7:15	Aqua Blast						
7:30	7:15-8:00am						
7:45							
8:00		Zumba	Zumba			PSL	
8:15		8:15-9am	8:15-9am				
8:30	Lap Swim						
8:45							
9:00		Aqua Combo	Aqua Combo	Aqua Blast	Aqua Blast		Lap Swim
9:15		9:15-10am	9:15-10am	9:15-10am	9:15-10am		
9:30						9:00-12:30	PSL
9:45						Swim Lessons	
10:00	Aqua Combo				Aqua Combo		
10:15	10:15-11am	Swim Lesson			10:15-11am		
10:30							
10:45							
11:00							Special Olympics Swim Team
11:15	Swim Lesson						
11:30							
11:45							
12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Lap Swim
12:15							PSL
12:30							
12:45							
1:00						Lap Swim	
1:15				Our Place			
1:30							
1:45							
2:00							
2:15						Family Swim 2:15-4pm	Family Swim 2:15-4pm
2:30							
2:45							
3:00		PSL		PSL			
3:15							
3:30							
3:45							
4:00	Swim Team	4:00-6:00	Swim Team	4:00-6:00	Swim Team		
4:15	Y-Time Swim	Swim Lessons		Swim Lessons	Special Olympics Team		
4:30							
4:45							
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30	6:00-8:15		6:00-8:15				
6:45	Swim Lessons	PSL	Swim Lessons	PSL			
7:00							
7:15							
7:30							
7:45							
8:00							
8:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:30							
8:45							
9:00							

Winter 2022 Session Pool Schedule: January 3rd to March 20th
 as of 12/15/21 *schedule subject to change*