



**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							
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			
9:00	Cardio Splash		Cardio Splash		Cardio Splash		
9:15							
9:30		PSL		Arthritis Aquatics			
9:45							
10:00	Gentle Joints	9:30-11:00 Swim Lessons		9:30-11:00 Swim Lessons			
10:15							
10:30						9:00-12:15 Swim Lessons	
10:45							
11:00		Adult Lessons	Arthritis Aquatics	Swim Stretch Socialize			
11:15							Special Olympics Swim Team
11:30							
11:45							
12:00							
12:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	2 Seconds 2 Long	
12:30							
12:45							
1:00	1:00-3:00 Family Swim	1:00-2:30 Swim Lessons					12:00-2:15 Swim Lessons
1:15							
1:30							
1:45							
2:00			2:00-4:00pm Family Swim				
2:15							
2:30							2 Seconds 2 Long
2:45							
3:00		Lap Swim				2:00-3:45 Family Swim	
3:15							3-4:45 Family Swim
3:30							Lap Swim
3:45							
4:00	Swim Team		Swim Team			Transition	
4:15		4:00-5:30 Swim Lessons		4:00-5:30 Swim Lessons		Lap Swim 4-4:45pm	
4:30							
4:45							
5:00							
5:15						Birthday Party Pool Rental	Birthday Party Pool Rental
5:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:45							
6:00							
6:15							
6:30							
6:45	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		
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							

**Winter 2020 Session Pool Schedule: 1/6/20 - 3/21/20**  
 as of 1/3/2020 \*schedule subject to change\*

## LAP SWIM

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Lap swim is open to YMCA members 16 years and up\* who are capable of and continuously swim from one end of the pool to the other.

- **Swimmers need to swim in the appropriate lane speed when all six lanes are available.**
- **Lap swimmers need to share lanes and circle swim is required with 4 or more swimmers.**
- **Swimmers may use appropriate equipment during lap swim as long as it does not interfere with flow of lane traffic.**
- **Exercisers must remain in the slow-speed lane, if space allows.**
- **Diving practice is not allowed during lap swim.**

\* Youth ages 10-15 who can consistently swim laps may do so as long other adults are not waiting to lap swim and at the lifeguard's discretion.

## FAMILY SWIM

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Family Swim is open swim time in the pool that is available for members who wish to participate in non-lap swim activities, as well as to relax and enjoy our pool. It is a great time to work out independently or have family time to play together in the pool. Children under 10 must be accompanied by an adult.

- **All children under the age of 6 years old must have an adult in the water with them.**
- **Parents and members not in Swim Attire must stay away from the edge of the pool at all times.**
- **NSYMCA pool equipment is not allowed for use during family swim except round noodles, life jackets and float belts. Float belts can only be used if a parent stays within arm's length of the child.**
- **Deep Water Testing will be required to determine if a swimmer can swim in the deep end or requires life jacket. Child must be able to comfortably swim the length (25 yards) of the pool without aid of flotation device or help.**
- **All children who cannot pass the "Deep Water Test" may be required to have an adult in the water at all times.**
- **Lifeguard's decision is final; Lifeguards are responsible for enforcing safety rules and keeping the pool area safe**

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## POOL CLOSURES

YMCA staff may close the pool at any time for safety reasons, including, but not limited to pool contamination, chemical imbalance, mechanical issue, and water clarity.



## WHAT DOES THE WHISTLE MEAN?

**ONE Short Blast:** The lifeguard needs your attention.

**TWO Short Blasts:** A lifeguard is getting the attention of another lifeguard.

**THREE Short Blasts:** Swim time is over.

**ONE long Blast:** Pool is being closed for an emergency; please exit the pool.