



North Suburban YMCA
 2705 Techny Road
 Northbrook, IL 60062
 847.272.7250
 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							
6:45							
7:00				Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:15							
7:30	Aqua Blast						
7:45	7:15-8:00am						
8:00							
8:15		Zumba	Zumba			PSL	
8:30		8:15-9am	8:15-9am				
8:45							
9:00	Lap Swim						
9:15		Aqua Combo	Aqua Combo	Aqua Blast	Aqua Blast		Lap Swim
9:30		9:15-10am	9:15-10am	9:15-10am	9:15-10am		
9:45							PSL
10:00	Aqua Combo				Aqua Combo		
10:15	10:15-11am	Swim Lesson		Swim Lesson	10:15-11am	9:00-12:30 Swim Lessons	
10:30							
10:45							
11:00							Special Olympics Swim Team
11:15							
11:30	Swim Lesson						
11:45							
12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:15							
12:30							
12:45							
1:00		Swim Lesson				Lap Swim	12:00-2:00 Swim Lessons
1:15							
1:30							
1:45			Our Place				
2:00							
2:15							
2:30						Family Swim 2:15-4pm	Family Swim 2:15-4pm
2:45							
3:00							
3:15							
3:30		PSL	PSL	PSL	PSL		
3:45							
4:00							
4:15							
4:30	Swim Team						
4:45	Y-Time Swim	4:15-6:00 Swim Lessons	Swim Team	4:15-6:00 Swim Lessons	Swim Team	Special Olympics Team	
5:00							
5:15							
5:30							
5:45							
6:00							
6:15		Swim Team					
6:30	6:00-8:15 Swim Lessons		6:00-8:15 Swim Lessons				
6:45							
7:00							
7:15		Swim Team					
7:30							
7:45							
8:00							
8:15							
8:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:45							
9:00							

Fall 1 2021 Session Pool Schedule: August 23rd to October 24th
 as of 8/15/2021 *schedule subject to change*



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Family Swim is open swim time that is available for members who wish to participate in non-lap swim activities, to relax and enjoy our pool. It is a great time for families to play together in the pool. Family swim is available Saturdays and Sundays at 2:15 & 3:15pm Each session will last 45 minutes and the lifeguards will clear the pool deck in between the swim times. **Family Swim will require reservations.**

Reservations:

- Family swim reservations can only be made the day of by calling the front desk at 847-272-7250.
- Each family swim time will be limited to 20 swimmers.
- Please arrive no more than 15 minutes prior to your 45-minute swim time.
- If you are unable to attend your family swim time, please call to cancel your reservation so that others can enjoy the pool.

Family Swim Rules

- All general pool rules must be followed. Lifeguard's decision is final.
- Masks required at all times for all staff and members except while swimming in the pool.
- Every family will have access to the entire pool area, please practice social distancing and be aware of others around you.
- All children under the age of 10 years old must have an adult in the water with them.
- Parents and members not in Swim Attire must watch from the viewing area.
- NSYMCA pool equipment is not allowed for use during family swim except life jackets and puddle jumpers.
- Families are welcome to bring in their own pool toys, such as balls, diving toys, noodles, etc. No flippers, hard toys or inflatables during family swim.
- Deep Water Testing may 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" will be required to wear a lifejacket or to have an adult in the water at all times.
- Lap swim will not be available during family swim times.
- Lifeguard's decision is final; Lifeguards are responsible for enforcing safety rules and keeping the pool area safe

Locker Room Etiquette:

- Please limit time in locker room to 20 minutes.
- Please social distance while in shower area with the shower curtains closed and wear a mask in all the changing areas.
- No congregating at any time in locker room.

Please contact Missy Contri, Aquatics Director at mcontri@nsymca.org with any questions.

North Suburban YMCA
2705 Techny Rd, Northbrook, IL 60062
847-272-7250 www.nsymca.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Lap Swim will require reservations. Each session lasts 45 minutes so that lifeguards can clear the pool deck to clean before the next session begins. Please keep in mind the following:

- **Lap swim is open to YMCA members 14 years and up who are capable of and continuously swim from one end of the pool to the other.**
- Lap lanes must be reserved in advance through the online Appointment King.
- Reservations can be made up to 14 days in advance until 1 hour before desired reservation time
- Please arrive no more than 15 minutes prior to your 45-minute time block.
- **Only one (1) 45-minute reservation per member will be allowed each day with a maximum of 4 reservations per week.**
- Pool will be set up with 3 double lanes allowing 3 swimmers per double lane, 9 swimmers total.
- When sharing the double lane with 3 swimmers: one swimmer on the right side, one the left side and one swimmer down the middle of the double lane.
- No circle swimming.
- Talking must be limited.
- Water fitness lap swimmers are encouraged to use the lanes 1-2, if available.
- Lanes may be assigned by lifeguard on duty and cannot be requested on Appointment King.
- **NO EQUIPMENT WILL BE PROVIDED.** Members should bring their own towels, filled water bottles and swim gear (kick boards, etc.) for their swim.
- Additional swim times may be booked 2 hours prior to an appointment if there are openings by calling the front desk at 847-272-7250.
- If you are unable to attend your reserved time slot, please be sure to cancel your reservation.

Locker Room Etiquette:

- Please limit time in locker room to 20 minutes.
- Please social distance while in shower area with the shower curtains closed and wear a mask in all the changing areas.
- Arrive in your suit if possible as this helps reduce the number of persons in the changing areas at any given time.
- No congregating at any time in locker room.
- Locker rooms will be cleaned throughout the day and professionally cleaned overnight.

Please contact Missy Contri, Aquatics Director at mcontri@nsymca.org with any questions.

North Suburban YMCA
2705 Techny Rd, Northbrook, IL 60062
847-272-7250 www.nsymca.org