



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							
6:15		Lap Swim					Lap Swim
6:30	Lap Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:45							
7:00							
7:15							Swim Program
7:30							
7:45							
8:00							
8:15		Water Fitness Class				PSL	
8:30							
8:45							
9:00	Water Fitness Classes		Water Fitness Classes	Water Fitness Class	Water Fitness Classes	9:00-12:30 Swim Lessons	Lap Swim
9:15							PSL
9:30							
9:45							
10:00				Swim Lesson			
10:15							
10:30							
10:45							
11:00							Special Olympics Swim Team
11:15							
11:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							12:00-2:00 Swim Lessons
1:15							
1:30							
1:45						Swim Team	
2:00							
2:15							
2:30							
2:45							
3:00							Lap Swim
3:15		Swim Program					
3:30			PSL		PSL		
3:45					PSL		
4:00							
4:15	Swim Team	4:15-6:00 Swim Lessons	Swim Team	4:15-6:00 Swim Lessons	Swim Team	Special Olympics Team	Lap Swim
4:30	Y-Time Swim						
4:45							
5:00							
5:15							
5:30							
5:45							
6:00							
6:15		Lap Swim					
6:30							
6:45	6:00-8:15 Swim Lessons						
7:00			Swim Team				
7:15				Lap Swim			
7:30					Lap Swim		
7:45							
8:00		Swim Team					
8:15							
8:30	Lap Swim		Lap Swim				
8:45							
9:00							

Spring 2021 Session Pool Schedule: March 29th - June 6th
 as of 3/16/2021 *schedule subject to change*



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Lap Swim will require reservations. Each session lasts 45 minutes so that lifeguards can clear the pool deck to clean and sanitize 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.**
- Masks must wear onto the pool deck before and after swimming while in the building and locker rooms.
- 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 3 reservations per week.**
- Single lane swimmers are asked to swim over the black line to ensure social distancing in the water.
- Lane sharing with one other swimmer will be allowed. Lane sharing may be a family member, friend, or training partner.
- When lane sharing split the lane: one swimmer on the right side and the other on the left side of the lane. Social Distancing must still be practiced.
- Talking must be limited.
- 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.
- 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 15 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. This will reduce the number of persons in the changing areas at any given time.
- Cleaning wipes will be available in locker rooms for use.
- Locker rooms will be sanitized every hour on the :30. After sanitization, lockers may be wet so please wipe down with a paper towel if needed.
- No congregating at any time in locker room.

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

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