



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

Summer 2021 Session Pool Schedule: June 7th to August 22nd
 as of 5/27/2021 *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 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.
- 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.
- Close the curtains in the shower area and changing stalls while using.
- Arrive in your suit if possible as this helps reduce the number of persons in the changing areas at any given time.
- **Masks are required in Family Locker Room.**
- Locker rooms will be cleaned throughout the day and professionally cleaned overnight.
- Locker rooms may be closed Monday-Friday 10-4pm due to Summer Camp.

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

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