

North Suburban YMCA 2705 Techny Road 847.272.7250 Northbrook, IL 60062 www.nsymca.org

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

	Sunday		Monday		Tuesday		Wednesday			Thursday			Friday			Saturday			
5:00	-				5:00	•		5:00			5:00			5:00	·		5:00		5:00
5:15	* Reservation 5:15		Lap Swim*		5:15	Lap Swim*		5:15	Lap Swi	im*	5:15	Lap S	wim*	5:15	Lap Swi	im*	5:15	* Reservation	5:15
5:30	Required 5:30		5:15-6a		5:30 5:45	F-4F C-		5:30 5:45	5:15-6a		5:30 5:45	5:15-6a		5:30 5:45	5:15-6		5:30 5:45	Required	5:30
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6:30	Lap Swim*		Lap Swim*		6:30			6:30	Lap Swim*		6:30	Lap Swim*		6:30	Lap Swi		6:30	Lap Swim*	6:30
6:45	6:15-7a		6:15-7a		6:45	6:15-7a		6:45	6:15-7a		6:45	6:15-7a		6:45	6:15-7	a	6:45	6:15-7a	6:45
7:00		7:00			7:00			7:00			7:00			7:00			7:00		7:00
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7:30 7:45	7:15-8a	7:45	7:15-8:00			7:45 7:15-8		7:45	7:15-8		7:45	7:15		7:45	7:15-8		7:45	7:15-8a	7:30 7:45
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9:45	Lap 9:4		9:15-10a	-	9:45	9:15-	10am	9:45			9:45	9:15-10am		9:45	O. To Tourn		9:45		9:45
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10:30	11:15am	10:30	Combo		10:30		SOI	10:30		PSL	10:30		SOI	10:30	10:15-11		10:30	Swim	10:30
11:00		11:00	10:15-11	Swim	11:00		sə-	11:00			11:00		sə-	11:00			11:00	Lessons	10:45 11:00
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12:15 12:30	Swim Team	12:30	Lap Swi 11:15-2p		12:30	Lap S	Swim	12:30	Lap Sw	im	12:30	Lap S	Swim	12:30	Lap Sw		12:30		12:15 12:30
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1:30	1-1.43p	1:30	Place		1:30			1:30			1:30	5		1:30			1:30		1:30
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2:30	2-3pm	2:30	Lap Swim		2:30	Lap		2:30			2:30	Lap		2:30	Lap Swim 2:15-4pm		2:30	2-3pm	2:30
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3:45	Family Swim 3:15-4:15pm	3:45			3:45			3:45		т.	3:45			3:45			3:45	Family Swim 3:15-4:15pm	3:45
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5:30			Swim Club		5:30			5:30			5:30	5:30 Lessons 5:45		5:30	Swim C	lub	5:30	Please make	5:30
5:45					5:45	0								5:45			5:45	your same day	5:45
6:00	Family Swim				6:00						6:00		6:00			6:00	Family Swim	6:00	
6:15	reservations 6:1		6:00-8:15pm Swim Lessons		6:15			6:15 6:30			6:15			6:15			6:15 6:30	reservations by	6:15 6:30
6:30	by calling the front desk at 6:4				6:45			6:45			6:45			6:45		6:45	calling the front desk at	6:45	
7:00	847-272-7250. ⁷				7:00	Lau	PSL	7:00	Lap 6:45-	PSL	7:00	Lan	PSL	7:00	Lap	ب	7:00	847-272-7250.	7:00
7:15	7				7:15	Lap 6:45- 8:15p		7:15			7:15	Lap 6:45-		7:15	6:15-	PSL	7:15		7:15
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