

## 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	,	5:00
5:15	* Reservation	Lan Swim*		n*	5:15	Lap Swim*		5:15	Lap Swim*		5:15	Lap Swim*		5:15	Lap Swim*		5:15	* Reservation	5:15
5:30	Required 5:30		5:15-6a		5:30 5:45	5:15-6a		5:30 5:45	5:15-6a		5:30 5:45	5:15-6a		5:30 5:45		5-6a	5:30 5:45	Required	5:30
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6:45	6:15-7a		6:15-7a		6:45			6:45	6:15-7a		6:45	6:15	5-7a	6:45	6:1	5-7a	6:45	6:15-7a	6:45
7:00					7:00			7:00			7:00			7:00			7:00		7:00
7:15	Lap Swim*		Agus Block		7:15 7:30	I am Continue		7:15 7:30	Law Continut		7:15	Lap S	wim*	7:15	Lap S	Swim*	7:15 7:30	Lap Swim*	7:15
7:30 7:45	7.15.90		7:15-8:00am		7:30	7.45.0-		7:30	7.45.0-		7:30 7:45	7:15		7:30 7:45		5-8a	7:45	7:15-8a	7:30 7:45
8:00	3				8:00			8:00			8:00			8:00			8:00		8:00
8:15	8:15		1		8:15	Aqua Zumba 8:15-9am		8:15			8:15		8:15				8:15		8:15
8:30	Lap Swim*				8:30			8:30	8:15-9am		8:30	8:15-9a		8:30		Swim*	8:30	Lap* 3:15-9am	8:30
8:45	8:15-9a		8:15-9a		8:45			8:45			8:45			8:45	8:1	5-9a	8:45	8:15-9am	8:45
9:00		9:00			9:00			9:00			9:00			9:00			9:00		9:00
9:15		9:15	Lap		9:15 9:30	Aqua	Combo	9:15 9:30			9:15 9:30	Aqua	Blast	9:15 9:30		Blast	9:15 9:30		9:15 9:30
9:30 9:45	Lap 9:4		9:15-10a		9:45	9:15-10am		9:45			9:45	9:15-10am		9:45	9:15-10am	9:45		9:30	
10:00			5		10:00			10:00			10:00			10:00			10:00		10:00
10:15	Swim 19:15-	10:15	Acus	Lesson	10:15						10:15			10:15	A	Aqua Combo	10:15	9:00-12:15pm	10:15
10:30	11:15am	10:30	Aqua Combo		10:30		io	10:30		PSL	10:30		io	10:30		-11am	10:30	Swim	10:30
10:45		10:45	10:15-11	Swim	10:45		ess	10:45		_	10:45		ess	10:45	10.15	- i i aiii	10:45	Lessons	10:45
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12:30	Swim Team	12:30	11:15-2pi	m	12:30	Lap	Swim	12:30	9:15-2p		12:30	Lap S		12:30		5-2pm	12:30	Lap	12:30
12:45		12:45			12:45	10:15	5-2pm	1:00	J. 15 Zp	4111	12:45	10:15	-2pm	12:45		/-zpiii	12:45	Swim 12:15-	12:45
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1:45		1:45	Place		1:45			1:45			1:45	5		1:45			1:45		1:45
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2:15	Family Swim	2:15			2:15			2:15			2:15			2:15			2:15	Family Swim	2:15
2:30	2-3pm	2:30	Lap Swim		2:30	Lap		2:30	Lon	31	2:30		Lap	2:30			2:30	2-3pm	2:30
2:45 3:00		3:00			2:45 3:00			3:00	Lap		3:00			2:45 3:00	Lap Swim		3:00		2:45 3:00
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3:30	Family Swim	3:30			3:30	2. 13-4pm		3:30	3:30 Z. 13-4pm		3:30			3:30		-	3:30	Family Swim	3:30
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5:00	0 5 <b>Please make</b>				5:00	4:15-6	:30pm	5:00	Olympi		5:00	4:15-6:30pm		5:00		Team	5:00		5:00
5:15			Swim Club		5:15	Swim Lessons		5:15		Swim Team			Swim			&	5:15		5:15
5:30					5:30			5:30 & 5:45 Swim Club			5:30	Lessons		5:30	Swim	Club	5:30	Please make	5:30
5:45	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				5:45					lub	5:45			5:45			5:45	your same day	5:45
6:00	, , ,		6:00-8:15pm Swim Lessons		6:00	6:15			6:00 6:15 6:30		6:00			6:00			6:00 6:15	Family Swim	6:00 6:15
6:30	reservations 6:31 by calling the				6:30			6:30			6:30		6:30			6:30	reservations by calling the front	6:30	
6:45	front desk at 60 847-272-7250. 73 75 75 75 75 75 75 75 75 75 75 75 75 75				6:45			6:45			6:45			6:45			6:45	desk at	6:45
7:00					7:00	Lon	PSL 5-	7:00 7:15	Lap 6:45-	PSL	7:00	Lon	7	7:00	Lap	بر	7:00	847-272-7250.	7:00
7:15					7:15	Lap 6:45-					7:15	Lap 6:45-		7:15	6:15- 8:15p	PSL	7:15		7:15
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