

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		Wedr	nesday		Thursday		Friday		Saturday	
5:00	* Decemention	5:00 5:15		5:00 5:15		5:00 5:15			5:00 5:15		5:00		5:00 5:15	* Decembration	5:00 5:15
5:15 5:30	* Reservation Required	5:30	Lap Swim*	5:30	Lap Swim*	5:30	Lap S	Swim*	5:30	Lap Swim*	5:30	Lap Swim*	5:30	* Reservation Required	5:30
5:45	Required	5:45	5:15-6a	5:45	5:15-6a	5:45	5:15-6a		5:45	5:15-6a	5:45	5:15-6a	5:45	Required	5:45
6:00		6:00		6:00		6:00			6:00		6:00		6:00		6:00
6:15	Lap Swim*	6:15	Lap Swim*	6:15	Lap Swim*	6:15	Lan S	Swim*	6:15	Lap Swim*	6:15	Lap Swim*	6:15	Lap Swim*	6:15
6:30	6:15-7a	6:30 6:45	6:15-7a	6:30 6:45	6:15-7a	6:30 6:45	_	5-7a	6:30	6:15-7a	6:30	6:15-7a	6:30 6:45	6:15-7a	6:30
6:45 7:00	0110 10	7:00	5110 10	7:00	011010	7:00	0.1.1		7:00	011010	7:00	0110 14	7:00	011010	6:45 7:00
7:15		7:15		7:15		7:15			7:15		7:15		7:15		7:15
7:30	Lap Swim*	7:30	Aqua Blast	7:30	Lap Swim*	7:30	•	Swim*	7:30	Lap Swim*	7:30	Lap Swim*	7:30	Lap Swim*	7:30
7:45	7:15-8a	7:45	7:15-8:00am	7:45	7:15-8a	7:45	7:1	5-8a	7:45	7:15-8a	7:45	7:15-8a	7:45	7:15-8a	7:45
8:00		8:00		8:00		8:00			8:00		8:00		8:00		8:00
8:15 8:30	Lap Swim*	8:15 8:30	Lap Swim*	8:15 8:30	Aqua Zumba	8:15 8:30	Aqua	Zumba	8:15 8:30	Lap Swim*	8:15 8:30	Lap Swim*	8:15 8:30	Lap*	8:15 8:30
8:45	8:15-9a	8:45	8:15-9a	8:45	8:15-9am	8:45	8:15	-9am	8:45	9.4E 00	8:45	8:15-9a	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 Swim	9:15	Aqua Combo	9:15 9:30			9:15	Agua Blast	9:15	Aqua Blast	9:15		9:15
9:30	Lan Swim	9:30	9:15-10a	9:30	9:15-10am				9:30	9:15-10am	9:30	9:15-10am	9:30	Family Swim	9:30
9:45		9:45		9:45					9:45	3.13-10am	9:45		9:45 10:00	9:15-10:30a	9:45
10:00 10:15	9:15-	10:15		10:15		10:00			10:15		10:15		10:15		10:00 10:15
10:30	11:15am	10:30	Aqua Combo	10:30		10:30			10:30		10:30	Aqua Combo	10:30		10:30
10:45		10:45	•	10:45		10:45			10:45		10:45	10:15-11am	10:45		10:45
11:00		11:00		11:00		11:00	Lap		11:00		11:00		11:00	Family Swim	11:00
11:15		11:15		11:15		11:15	Swim		11:15		11:15		11:15	10:45-12p	11:15
11:30	Family Swim	11:30		11:30 11:45		11:30	9:15-		11:30		11:30		11:30	. от то тер	11:30 11:45
11:45 12:00	Family Swim 11:30-	12:00	Lap Swim	12:00	Lap Swim	12:00	2pm		12:00	Lap Swim	12:00		12:00		12:00
12:15	12:45pm	12:15	11:15-2pm	12:15	10:15-2pm	12:15		SS	12:15	10:15-2pm	12:15		12:15		12:15
12:30	121100111	12:30		12:30		12:30		S	12:30		12:30	Lap Swim	12:30		12:30
12:45		12:45		12:45		12:45		<u>5</u>	12:45		12:45	11:15-2pm	12:45	Lap Swim	12:45
1:00	Lap	1:00		1:00		1:00		Jua	1:00		1:00		1:00	12:15-1:45p	1:00
1:15	1-1:45p	1:30	Our	1:30		1:30		Lifeguard Class	1:30		1:30		1:30		1:15
1:45		1:45	Place	1:45					1:45		1:45		1:45		1:45
2:00		2:00		2:00		2:00			2:00		2:00		2:00		2:00
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		2:30		2:30	Lap		2:30		2:30		2:30	2-3pm	2:30
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3:15		3:15	2:15-4pm		Swim 2:15-4pm	3:15	2:15-		3:15	2:15-4pm	3:15	2:15-4pm	3:15		3:15
3:30	Family Swim	3:30		3:30	2.10 4pm	3:30	4pm		3:30	2.10 4pm	3:30		3:30	Family Swim	3:30
3:45	3:15-4:15pm	3:45		3:45		3:45			3:45		3:45		3:45	3:15-4:15pm	3:45
4:00		4:00		4:00		4:00			4:00	.,	4:00		4:00		4:00
4:15		4:15 4:30	Y-Camp Swim	4:15 4:30	Y-Camp Swim	4:15 4:30		amp vim	4:15 4:30	Y-Camp Swim	4:15 4:30	Y-Camp Swim	4:15 4:30		4:15 4:30
4:45		4:45	4-5:15p	4:45	5wim 4-5:15p	4:45		vim :15p	4:45	Swim 4-5:15p	4:45	Swim 4-5:15p	4:45		4:45
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5:30	Please make	5:30	Family Swim		Family Swim	5:30	Family Swim		5:30	Family Swim	5:30	Family Swim	5:30	Please make	5:30
5:45	your same day	5:45 6:00	5:15-6:15p	5:45 6:00	5:15-6:15p	5:45 6:00	5:15-	6:15p	5:45 6:00	5:15-6:15p	5:45 6:00	5:15-6:15p	5:45 6:00	your same day	5:45
6:00	Family Swim reservations	6:15		6:15		6:15			6:15		6:15		6:15	Family Swim reservations by	6:00 6:15
6:30	by calling the	6:30		6:30	Family	6:30	Family		6:30	Family	6:30	Family	6:30	calling the front	6:30
6:45	front desk at	6:45		6:45	6:15- 7:15p	6:45	6:15- 7:15p		6:45	6:15- 7:15p	6:45	6:15- 7:15p	6:45	desk at	6:45
7:00	847-272-7250.	7:00		7:00	7.100	7:00	7.13p		7:00	7.10р	7:00	1.100	7:00	847-272-7250.	7:00
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7:30 7:45		7:30		7:30	Lap Swim	7:45	_	Swim	7:30 7:45	Lap Swim	7:30	Lap Swim	7:30 7:45		7:30 7:45
8:00		8:00		8:00	6:15-8:15p	8:00	0:15-	8:15p	8:00	6:15-8:15p	8:00	6:15-8:15p	8:00		8:00
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