

Fall Session:
8/30/10 - 12/18/10

North Suburban YMCA
2705 Techny Road
Northbrook, IL 60062
847.272.7250

As of 8/30/2010
* subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30		30	30	30	30	30	30
5:45		45	45	45	45	45	45
6:00		6	6	6	6	6	6
6:15		15	15	15	15	15	15
6:30	H.S & Adult Lap Swim	H.S & Adult Lap Swim	H.S & Adult Lap Swim	H.S & Adult Lap Swim	H.S & Adult Lap Swim	H.S & Adult Lap Swim	YMCA Closed
6:45							
7:00		7	7	7	7	7	7
7:15		15	15	15	15	15	15
7:30		30	30	30	30	30	30
7:45		45	45	45	45	45	45
8:00		8	8	8	8	8	8
8:15		15	15	15	15	15	15
8:30	H2O Exer	30	30	30	30	30	30
8:45		45	45	45	45	45	45
9:00	H2O Exer	Aqua Ease	H2O Exer	Aqua Ease	H2O Exer	Swim Lessons 8:30-12:30	Swim Lessons 8:30-12:30
9:15		15	15	15	15	15	15
9:30	H2O Exer	30	30	30	30	30	30
9:45		45	45	45	45	45	45
10:00	Gentle Joints	10	10	10	10	10	10
10:15		15	15	15	15	15	15
10:30		30	30	30	30	30	30
10:45		45	45	45	45	45	45
11:00		11	11	11	11	11	11
11:15		15	15	15	15	15	15
11:30		30	30	30	30	30	30
11:45		45	45	45	45	45	45
12:00	H.S & Adult Lap Swim	12	12	12	12	12	12
12:15		15	15	15	15	15	15
12:30		30	30	30	30	30	30
12:45		45	45	45	45	45	45
1:00	Family Swim & Art & Swim	1	1	1	1	1	1
1:15		15	15	15	15	15	15
1:30		30	30	30	30	30	30
1:45		45	45	45	45	45	45
2:00		2	2	2	2	2	2
2:15		15	15	15	15	15	15
2:30		30	30	30	30	30	30
2:45		45	45	45	45	45	45
3:00		3	3	3	3	3	3
3:15		15	15	15	15	15	15
3:30		30	30	30	30	30	30
3:45		45	45	45	45	45	45
4:00		4	4	4	4	4	4
4:15		15	15	15	15	15	15
4:30		30	30	30	30	30	30
4:45		45	45	45	45	45	45
5:00		5	5	5	5	5	5
5:15		15	15	15	15	15	15
5:30		30	30	30	30	30	30
5:45	H.S & Adult Lap Swim	45	45	45	45	45	45
6:00		6	6	6	6	6	6
6:15		15	15	15	15	15	15
6:30	6:30 - 8:00 Swim Lessons	30	30	30	30	30	30
6:45		45	45	45	45	45	45
7:00		7	7	7	7	7	7
7:15		15	15	15	15	15	15
7:30		30	30	30	30	30	30
7:45		45	45	45	45	45	45
8:00		8	8	8	8	8	8
8:15	Adult Lessons 8-9	15	15	15	15	15	15
8:30		30	30	30	30	30	30
8:45		45	45	45	45	45	45
9:00		9	9	9	9	9	9
9:15	H.S & Adult Lap Swim	15	15	15	15	15	15
9:30		30	30	30	30	30	30
9:45		45	45	45	45	45	45
10:00		10	10	10	10	10	10



Visit our website at: WWW.NSYMCA.ORG

YMCA Mission: To put Judeo Christian principles into practice through programs that build healthy spirit, mind and body for all. We are a journey for a lifetime.