

Break Week: 6/8/09-6/14/09

North Suburban YMCA
 2705 Techny Road
 Northbrook, IL 60062

as of 6/12/2009
 subject to change
 PH: 847 272-7250

	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	Lap	15	15	15	15	15	15
6:30		30	30	30	30	30	30
6:45	Swim	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		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		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
10:15		15	15	15	15	15	15
10:30	YMCA Training	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		12	12	12	12	12	12
12:15	Lap	15	15	15	15	15	15
12:30	Swim	30	30	30	30	30	30
12:45		45	45	45	45	45	45
1:00		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	YMCA Training	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	Lap	45	45	45	45	45	45
6:00	Swim	6	6	6	6	6	6
6:15		15	15	15	15	15	15
6:30		30	30	30	30	30	30
6:45		45	45	45	45	45	45
7:00	Swim Lessons	7	7	7	7	7	7
7:15		15	15	15	15	15	15
7:30	6:30-8:00	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	Lap	30	30	30	30	30	30
8:45		45	45	45	45	45	45
9:00	Swim	9	9	9	9	9	9
9:15		15	15	15	15	15	15
9:30		30	30	30	30	30	30
9:45		45	45	45	45	45	45



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