

Winter Session:  
1/4/10 - 3/28/09

North Suburban YMCA  
2705 Techny Road  
Northbrook, IL 60062  
847.272.7250

As of 12/23/2009  
\* 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							YMCA Closed
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30	H2O Exer		H2O Exer		H2O Exer		
8:45		Aqua Ease		Aqua Ease			
9:00							
9:15	H2O Exer		H2O Exer		H2O Exer		
9:30		Preschool & Parent/Child Lessons 9:30 - 11:00		Preschool Lessons 9:30 - 11:00			
9:45							
10:00	Gentle Joints		Gentle Joints		Gentle Joints		
10:15							
10:30							
10:45							
11:00							
11:15		Swim, Stretch, Socialize		Swim, Stretch, Socialize			
11:30							
11:45	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
12:00							
12:15							
12:30							
12:45							
1:00	Family Swim & Swim & Gym	Preschool Lessons	Pre School Lessons 1-2:30	Pre School Lessons 1-2:30	Family Swim & Kinder Club 1:00 - 3:00	Private Swim Lessons	
1:15		ACT					
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00	Priv Les.	3:55 - 5:30 Swim Lessons	Priv. Les. ASC	3:55 - 5:30 Swim Lessons			
4:15							
4:30	Swim Club				Swim Club		
4:45							
5:00						Training	
5:15							
5:30	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		
5:45							
6:00							
6:15							
6:30	6:30 - 8:00 Swim Lessons	Family Swim 6:30-8:00	6:30 - 8:00 Swim Lessons	Family Swim 6:30-8:00	Family Swim		
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15	Adult Lessons 8-9	Scuba 8:00 - 9:45	Adult Lessons 8-9	Synchro			
8:30							
8:45							
9:00	H.S & Adult Lap Swim		H.S & Adult Lap Swim	H.S & Adult Lap Swim			
9:15							
9:30							
9:45							
10:00							



Visit our website at: [WWW.NSYMCA.ORG](http://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.