



North Suburban YMCA
 2705 Techny Road
 Northbrook, IL 60062
 847.272.7250
 www.nsymca.org

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:15							
5:30							
5:45							
6:00							
6:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							Lap Swim
8:30	H2O X		H2O X		H2O X		Lap Swim
8:45		Aqua Ease		Aqua Ease			
9:00	H2O X		H2O X		H2O X		
9:15							
9:30	Gentle Joints	9:30-11:00 Swim Lessons	H2O X	9:30-11:15 Adult Lessons	Gentle Joints		
9:45	Clay & Swim		9:30-11:00 Swim Lessons				
10:00							
10:15							
10:30							
10:45							
11:00							
11:15		Swim, Stretch, Socialize		Swim Stretch/Socialize	G&S		
11:30					PSL		
11:45							
12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:15							
12:30							
12:45							
1:00	1:00-3:00 Family Swim	1:00-2:30 Kinder Club	1:00-2:30 Adult Lessons	1:00-2:30 Swim Lessons			
1:15	Clay & Swim	ACT					
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00			Reserved				
5:15							
5:30							
5:45	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00							
6:15							
6:30	6:30-8:00 Swim Lessons	6:30-8:00 Family Swim	6:30-8:00 Swim Lessons	6:30-8:00 Family Swim	6:30-8:00 Family Swim		
6:45		JR. Lifeguarding		Swimming			
7:00							
7:15							
7:30							
7:45							
8:00	8:00-9:00 Adult Lessons	SCUBA	8:00-9:00 Adult Lessons	Synchro			
8:15							
8:30							
8:45							
9:00	Lap Swim		Lap Swim	Lap Swim	Lap Swim		
9:15							
9:30							
9:45							

Winter Schedule: 1/2/12 - 4/22/12
 as of 12/19/2011
 schedule subject to change