



North Suburban YMCA
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FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00								
5:15	Lap Swim 5:15-6a	Lap Swim 5:15-6a	Lap Swim 5:15-6a	Lap Swim 5:15-6a	Lap Swim 5:15-6a			
5:30								
5:45								
6:00								
6:15	Lap Swim 6:15-7a	Lap Swim 6:15-7a	Lap Swim 6:15-7a	Lap Swim 6:15-7a	Lap Swim 6:15-7a	Lap Swim 6:15-7a	Lap Swim 6:15-7a	
6:30								
6:45								
7:00	Aqua Blast 7:15-8:00am	Lap Swim 7:15-8a	Lap Swim 7:15-8a	Lap Swim 7:15-8a	Lap Swim 7:15-8a	Lap Swim 7:15-8a	Lap Swim 7:15-8a	
7:15								
7:30								
7:45								
8:00								
8:15	Lap Swim 8:15-9:15am	Zumba 8:15-9am	Zumba 8:15-9am	Aqua Blast 8:15-9am	Lap Swim 8:15-9a	PSL	Lap Swim 8:15-9a	
8:30								
8:45								
9:00		Combo 9:15-10am						
9:15	Aqua Combo 9:30-10:15am		Lap Swim 9:15-10:15a	Lap Swim 9:15-10:15a	Aqua Blast 9:15-10am	9:00-12:15 Swim Lessons	Lap 9:15-10:15am	
9:30								
9:45								
10:00								
10:15					Camp Swim 10-11am		Lap 10:15-11:15am	
10:30	Lap Swim 10:30-11:30a		Lap Swim 10:30-11:30a	Lap Swim 10:30-11:30a			PSL	
10:45								
11:00					Lap 11-11:45a			
11:15	Lap Swim 11:30-12:30p		Lap Swim 11:30-12:30p	Lap Swim 11:30-12:30p	Lap 11:45-12:30p		Lap 11:30-12:15p	
11:30								
11:45								
12:00								
12:15								
12:30		Camp Swim Lessons 9:15-4pm				Lap 12:15-1p	Lap 12:15-1p	
12:45								
1:00					Lap 12:45-1:45pm		Lap 1-1:45p	
1:15								
1:30								
1:45								
2:00	Camp Swim 12:30-4pm		Camp Swim 12:30-4pm		Camp Swim 12:30-4pm	Family Swim 2-3pm	Family Swim 2-3pm	
2:15				Lap 2-3p	Camp 2-3pm			
2:30								
2:45								
3:00								
3:15					Lap 3-4pm		Family Swim 3:15-4:15pm	
3:30								
3:45								
4:00								
4:15	Lap 4:15-5p	Lap 4:15-5p			Lap 4:15-5p			
4:30								
4:45								
5:00			Special Olympics Team	4:15-6:00 Swim Lessons				
5:15	Lap 5-6p	Lap 5-6p			Lap Swim 5-6p			
5:30								
5:45								
6:00								
6:15								
6:30	6:00-8:15 Swim Lessons	Lap 6:15-7:15p	Lap 6:30-7:15p	Lap 6:15-7:15p	Lap Swim 6:15-7:15p			
6:45								
7:00								
7:15		Lap 7:15-8:15p	Lap 7:15-8:15p	Lap 7:15-8:15p	Lap Swim 7:15-8:15p			
7:30								
7:45								
8:00								
8:15								

Summer 2022 Session Pool Schedule: August 1st to August 14th
 as of 7/14/2022 *schedule subject to change*