



North Suburban YMCA
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 www.nsymca.org

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 8:15-9a	Zumba 8:15-9am	Zumba 8:15-9am	Lap Swim 8:15-9a	Lap Swim 8:15-9a	PSL	Lap Swim 8:15-9a
8:30							
8:45							
9:00	Aqua Combo 9:15-10am	Combo 9:15-10am	Lap Swim 9:15-10a	Aqua Blast 9:15-10am	Aqua Blast 9:15-10am		
9:15							
9:30							Lap 9:15-10:15am
9:45							
10:00							
10:15	Lap 10:15-11:15a	Lap 10:15-11:15a	Lap 10:15-11:15a	Lap 10:15-11:15a	Aqua Combo 10:15-11am	9:00-12:15pm Swim Lessons	Lap 10:15-11:15am
10:30	Swim Lesson	Swim Lesson	PSL	Swim Lesson			PSL
10:45							
11:00							
11:15	Lap 11:15-12pm	Lap 11:15-12pm	Lap 11:15-12pm	Lap 11:15-12pm	Lap Swim 11:15-12pm		
11:30							
11:45							
12:00	Lap Swim 12-1pm	Lap Swim 12-1pm	Lap Swim 12-1pm	Lap Swim 12-1pm	Lap Swim 12-1pm	Lap 12:15-1p	Special Olympics Swim Team
12:15							
12:30							
12:45							
1:00	Lap 1-2pm	Lap Swim 1-2pm	Lap Swim 1-2pm	Lap Swim 1-2pm	Lap Swim 1-2pm	Lap 1-1:45p	Lap 1-1:45p
1:15	Our Place						PSL
1:30							
1:45							
2:00							
2:15	Lap Swim 2:15-3pm	Lap Swim 2:15-3pm	Lap Swim 2:15-3pm	Lap Swim 2:15-3pm	Lap Swim 2:15-3pm	Family Swim 2-3pm	Family Swim 2-3pm
2:30							
2:45							
3:00	Lap 3-4pm	Lap 3-4pm	Lap 3-4pm	Lap 3-4pm	Lap 3-4pm	Family Swim 3:15-4:15pm	Family Swim 3:15-4:15pm
3:15		PSL		PSL			
3:30							
3:45							
4:00	Swim Team	4:15-6:00pm Swim Lessons	Special Olympics Swim Team	4:15-6:00pm Swim Lessons	Swim Team		
4:15	Y-Time Swim		PSL		Special Olympics Swim Team		
4:30							
4:45							
5:00							
5:15							
5:30							
5:45							
6:00	6:00-8:15pm Swim Lessons						
6:15		Lap 6:15-7:15p	Swim Team	Lap 6:15-7:15p	Lap 6:15-7:15p		
6:30		PSL	Lap	PSL	PSL		
6:45							
7:00							
7:15		Lap 7:15-8:15p		Lap 7:15-8:15p	Lap 7:15-8:15p		
7:30							
7:45							
8:00							
8:15							

Winter 2023 Session Pool Schedule: January 2nd to March 26th
 as of 12/14/2022 *schedule subject to change*