



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	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									
9:15	Aqua Combo 9:30-10:15am	Combo 9:30-10:15am	Lap Swim 9:15-10:15a	Lap Swim 9:15-10:15a	Camp Swim 9:15-10:15a	Combo 9:30-10:15am	Lap 9:15-10:15am		
9:30									
9:45									
10:00									
10:15	Lap Swim 10:15-11:15a		Lap Swim 10:15-11:15a	Lap Swim 10:15-11:15a	Lap Swim 10:15-11:15a	9:00-12:15 Swim Lessons	Lap 10:15-11:15am		
10:30									
10:45									
11:00								PSL	
11:15	Lap Swim 11:15-12:15p		Lap Swim 11:15-12:15p	Lap Swim 11:15-12:15p	Lap Swim 11:15-12:15p		Lap 11:30-12:15pm		
11:30									
11:45									
12:00									
12:15									
12:30				Lap Swim 12:15-1:15pm		Lap 12:15-1p	Lap 12:15-1p		
12:45									
1:00		Camp Swim Lessons 9:30am-4pm				Lap 1-1:45p	Lap 1-1:45p		
1:15				Lap 1:15-2pm					
1:30									
1:45									
2:00	Camp Swim 12:30-4pm		Camp Swim 12:30-4pm	Camp Swim 2-3pm	Camp Swim 12:30-4pm	Family Swim 2-3pm	Family Swim 2-3pm		
2:15									
2:30									
2:45									
3:00									
3:15				Lap 3-4pm		Family Swim 3:15-4:15pm	Family Swim 3:15-4:15pm		
3:30									
3:45									
4:00									
4:15	Lap 4:15-5pm	Lap 4:15-5pm		4:00-6:00 Swim Lessons	Lap 4:15-5pm				
4:30									
4:45									
5:00		Lap 5-6p	Special Olympics Team		Lap 5-6p				
5:15									
5:30									
5:45									
6:00									
6:15	5:15-8:15 Swim Lessons	Lap Swim 6:15-7:15p	Lap 6:15-7:15p	Lap 6:15-7:15p	Lap Swim 6:15-7:15p	Please make your same day Family reservations by calling the front desk at 847-272-7250.	Please make your same day Family reservations by calling the front desk at 847-272-7250.		
6:30									
6:45									
7:00		Lap Swim 7:15-8:15p	Lap 7:15-8:15p	Lap 7:15-8:15p	Lap Swim 7:15-8:15p				
7:15									
7:30									
7:45									
8:00									
8:15									

Summer 2023 Session Pool Schedule:  
 as of 5/28/2023 \*schedule subject to change\*