



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

Spring 2024 Session Pool Schedule: April 1st to June 9th
 as of 3/19/24 *schedule subject to change*