



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			
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			
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 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	Family Swim 9:15-10:30a			
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	Family Swim 10:45-12p			
10:30									
10:45									
11:00									
11:15	Lap 11:15-12pm	Lap 11:15-12pm	Lap Swim 11:15-12pm	Lap Swim 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			
12:15									
12:30									
12:45									
1:00	Our Place	Lap Swim 1-2pm	Lap Swim 1-2pm	Lap Swim 1-2pm	Lap Swim 1-2pm	Lap 1-1:45p			
1:15									
1:30									
1:45									
2:00									
2:15	Lap 2:15-3pm	Lap 2:15-3pm	Lap 2:15-3pm	Lap Swim 2:15-3pm	Lap Swim 2:15-3pm	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			
3:15									
3:30									
3:45									
4:00	Camp Swim 4-5p	Camp Swim 4-5p	Camp Swim 4-5p	Camp Swim 4-5p	Camp Swim 4-5p				
4:15									
4:30									
4:45									
5:00	Family Swim 5-6pm	Family Swim 5-6pm	Family Swim 5-6pm	Family Swim 5-6pm	Family Swim 5-6pm				
5:15									
5:30									
5:45									
6:00									
6:15									
6:30		Lap Swim 6:15-7:15p	Lap Swim 6:15-7:15p	Lap Swim 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.		
6:45									
7:00									
7:15		Lap Swim 7:15-8:15p	Lap Swim 7:15-8:15p	Lap Swim 7:15-8:15p	Lap Swim 7:15-8:15p				
7:30									
7:45									
8:00									
8:15									

Spring Break 2024 Session Pool Schedule: March 25 - March 31
 as of 3/12/2024 *schedule subject to change*