



North Suburban YMCA
2705 Techny Road
Northbrook, IL 60062
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www.nsymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00		5:00	5:00	5:00	5:00	5:00	5:00	5:00
5:15	* Reservation	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	* Reservation	5:15
5:30	Required	5:15-6a	5:15-6a	5:15-6a	5:15-6a	5:15-6a	Required	5:30
5:45								5:45
6:00								6:00
6:15	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	6:15
6:30	6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:30
6:45								6:45
7:00								7:00
7:15	Lap Swim*	Aqua Blast	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	7:15
7:30	7:15-8a	7:15-8:00am	7:15-8a	7:15-8a	7:15-8a	7:15-8a	7:15-8a	7:30
7:45								7:45
8:00								8:00
8:15	Lap Swim*	Lap Swim*	Zumba	Zumba	Aqua Blast	Lap Swim*	Lap*	8:15
8:30	8:15-9a	8:15-9a	8:15-9am	8:15-9am	8:15-9am	8:15-9a	8:15-9am	8:30
8:45							PSL	8:45
9:00								9:00
9:15								9:15
9:30	Lap Swim	Aqua Combo	Combo		Lap Swim	Camp Swim		9:30
9:45		9:30-10:15a	9:30-10:15a		9:15-10:15a	Lessons		9:45
10:00	Lap Swim					9:15-10:15a		10:00
10:15	9:15-11:15am							10:15
10:30								10:30
10:45								10:45
11:00								11:00
11:15								11:15
11:30								11:30
11:45								11:45
12:00	Lap Swim	Camp Swim						12:00
12:15		10:15-12:30p						12:15
12:30	Lap Swim							12:30
12:45	11:30-1:45pm							12:45
1:00								1:00
1:15								1:15
1:30								1:30
1:45								1:45
2:00								2:00
2:15	Family Swim	Camp Swim						2:15
2:30	2-3pm	12:30-4pm						2:30
2:45								2:45
3:00								3:00
3:15								3:15
3:30	Family Swim							3:30
3:45	3:15-4:15pm							3:45
4:00								4:00
4:15								4:15
4:30								4:30
4:45								4:45
5:00								5:00
5:15								5:15
5:30	Please make							5:30
5:45	your same day							5:45
6:00	Family Swim							6:00
6:15	reservations by							6:15
6:30	calling the front							6:30
6:45	desk at							6:45
7:00	847-272-7250.							7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00								8:00
8:15								8:15

Summer 2025 Session Pool Schedule: June 9th to August 15th
as of 6/5/2025 *schedule subject to change*