



North Suburban YMCA
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Please note, the pool schedule will be adjusted for the Fall 2 session beginning October 20th to accommodate program changes.

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

Fall 1 2025 Session Pool Schedule: September 8 to October 19
as of 9/5/2025 *schedule subject to change*