



North Suburban YMCA
 2705 Techny Road
 Northbrook, IL 60062
 847.272.7250
 www.nsymca.org

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										
5:15	* Reservation Required	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	* Reservation Required			
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										
7:15	Lap Swim* 7:15-8a	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			
7:30										
7:45										
8:00										
8:15	Lap Swim* 8:15-9a	Lap Swim* 8:15-9a	Aqua Zumba 8:15-9am	Aqua Zumba 8:15-9am	Lap Swim* 8:15-9a	Lap Swim* 8:15-9a	Lap* 8:15-9am			
8:30										
8:45										
9:00										
9:15	Lap Swim 9:15-10a	Lap Swim 9:15-10a	Aqua Combo 9:15-10am	PSL	Aqua Blast 9:15-10am	Lap Swim 9:15-10a	9:00-12:15pm Swim Lessons			
9:30	PSL									
9:45										
10:00		Aqua Combo 10:15-11am				Aqua Combo 10:15-11am				
10:15										
10:30										
10:45										
11:00										
11:15										
11:30	Special Olympics Swim Team	Lap Swim 11:15-2pm	Swim Lesson		Swim Lesson					
11:45										
12:00										
12:15										
12:30			Lap Swim 10:15-2pm	Lap Swim 9:15-2pm	Lap Swim 10:15-2pm	Lap Swim 11:15-2pm	Lap Swim 12:15-1:45p	PSL		
12:45										
1:00	Lap 1-1:45p	Our Place								
1:15	PSL									
1:30										
1:45										
2:00										
2:15	Family Swim 2-3pm	Lap Swim 2:15-4pm	Lap Swim 2:15-4p	PSL	Lap Swim 2:15-4p	PSL	Family Swim 2-3pm			
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00										
4:15		Y-Time Swim								
4:30										
4:45										
5:00										
5:15		Swim Club	4:15-6:30pm Swim Lessons	Special Olympics Swim Team & Swim Club	4:15-6:30pm Swim Lessons	Special Olympics Swim Team & Swim Club				
5:30	Please make your same day Family Swim reservations by calling the front desk at 847-272-7250.						Please make your same day Family Swim reservations by calling the front desk at 847-272-7250.			
5:45										
6:00										
6:15										
6:30										
6:45		6:00-8:15pm Swim Lessons								
7:00			Lap 6:45-8:15p	PSL	Lap Swim 6:15-8:15p	Lap 6:45-8:15p				
7:15										
7:30										
7:45										
8:00										

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