



North Suburban YMCA
2705 Techny Road
Northbrook, IL 60062
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9/1/2025	9/2/2025	9/3/2025	9/4/2025	9/5/2025	9/6/2025	9/7/2025
5:00							
5:15	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	* Reservation	* Reservation
5:30	5:15-6a	5:15-6a	5:15-6a	5:15-6a	5:15-6a	Required	Required
5:45							
6:00							
6:15	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*
6:30	6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a
6:45							
7:00							
7:15	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*
7:30	7:15-8a	7:15-8a	7:15-8a	7:15-8a	7:15-8a	7:15-8a	7:15-8a
7:45							
8:00							
8:15	Lap Swim*	Aqua Zumba	Aqua Zumba	Lap Swim*	Lap Swim*	Lap*	Lap Swim*
8:30	8:15-9a	8:15-9am	8:15-9am	8:15-9a	8:15-9a	8:15-9am	8:15-9a
8:45						PSL	
9:00							
9:15		Aqua Combo		Aqua Blast	Lap Swim	9:00-12:15pm Swim Lessons	Lap Swim
9:30	Lap Swim 9:15-11:30a	9:15-10am		9:15-10am	9:15-10a		9:15-11:15am
9:45							
10:00							
10:15		Swim Lesson	PSL	Swim Lesson	Aqua Combo		
10:30					10:15-11am		
10:45							
11:00							
11:15							
11:30							
11:45							
12:00		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
12:15		10:15-2pm	9:15-2pm	10:15-2pm	11:15-2pm	12:15-1:45p	
12:30						PSL	
12:45							
1:00							Lap
1:15							1-1:45p
1:30							PSL
1:45							
2:00							
2:15		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Family Swim	Family Swim
2:30		2:15-4p	2:15-4p	2:15-4p	2:15-4pm	2-3pm	2-3pm
2:45							
3:00							
3:15						Family Swim	
3:30						3:15-4:15pm	
3:45							
4:00							
4:15		4:15-6:30pm	Special Olympics	4:15-6:30pm	Special Olympics	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.
4:30		Swim Lessons	Swim Team & Swim Club	Swim Lessons	Swim Team & Swim Club		
4:45							
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00		Lap	Lap	Lap			
7:15		6:45-8:15p	6:15-8:15p	6:45-8:15p			
7:30							
7:45							
8:00							
8:15							

Fall 2025 Session Pool Schedule: August 25 to September 7
as of 8/22/2025 *schedule subject to change*