



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

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Winter 1 2026 Session Pool Schedule: January 5 to February 22  
as of 12/15/2025 \*schedule subject to change\*