



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 12/21/2025	Monday 12/22/2025	Tuesday 12/23/2025	Wednesday 12/24/2025	Thursday 12/25/2025	Friday 12/26/2025	Saturday 12/27/2025
5:00		5:00	5:00	5:00	5:00	5:00	5:00
5:15	*						*
5:30	Reservation Required	Lap Swim* 5:15-6a	Lap Swim* 5:15-6a	Lap Swim* 5:15-6a		Lap Swim* 5:15-6a	Reservation Required
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
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
7:30							
7:45							
8:00							
8:15	Lap Swim* 8:15-9a	Lap Swim* 8:15-9a	Aqua Zumba 8:15-9am	Lap Swim* 8:15-9a		Lap Swim* 8:15-9a	Lap Swim* 8:15-9a
8:30							
8:45							
9:00							
9:15							
9:30		Lap Swim 9:15-10a	Aqua Combo 9:15-10am	Lap Swim 9:15-10:45a		Lap Swim 9:15-10a	Family Swim 9:15-10:30a
9:45							
10:00	Lap Swim 9:15 - 11:15am						
10:15		Aqua Combo 10:15-11				Aqua Combo 10:15-11	
10:30							
10:45							
11:00				Family Swim 10:45-11:45am			Family Swim 10:45-12p
11:15							
11:30	Family Swim 11:30-12:45pm		Lap Swim 10:15-2p				
11:45							
12:00				Family Swim 12-1p		Lap Swim 11:15-2p	
12:15		Lap Swim 11:15-2p					Lap Swim 12:15-1:45p
12:30							
12:45							
1:00	Lap 1-1:45p						
1:15							
1:30							
1:45							
2:00	Family Swim 2-3p						Family Swim 2-3p
2:15							
2:30		Lap Swim 2:15-4pm	Lap Swim 2:15-4pm			Lap Swim 2:15-4pm	
2:45							
3:00							
3:15	Family Swim 3:15-4:15p						Family Swim 3:15-4:15p
3:30							
3:45							
4:00		Y-Camp Swim 4-5p	Y-Camp Swim 4-5p			Y-Camp Swim 4-5p	
4:15							
4:30							
4:45							
5:00		Family Swim 5-6p	Family Swim 5-6p			Family Swim 5-6p	
5:15	Please make your same day Family reservations by calling the front desk at 847-272- 7250.						Please make your same day Family reservations by calling the front desk at 847-272- 7250.
5:30							
5:45							
6:00							
6:15		Family Swim 6:15-7:15p	Family 6:15-7:15p			Family Swim 6:15-7:15p	
6:30							
6:45							
7:00			Lap Swim 6:15-8:15p				
7:15							
7:30							
7:45							
8:00							
8:15							

Winter Break Pool Schedule: Week 1 - December 21 to December 27

schedule subject to change



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	Sunday 12/28/2025	Monday 12/29/2025	Tuesday 12/30/2025	Wednesday 12/31/2025	Thursday 1/1/2026	Friday 1/2/2026	Saturday 1/3/2026	Sunday 1/4/2026
5:00	*						*	*
5:15	Reservation	Lap Swim*	Lap Swim*	Lap Swim*		Lap Swim*	Reservation	Reservation
5:30	Required	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*	Lap Swim*	Lap Swim*	Lap Swim*		Lap Swim*	Lap Swim*	Lap Swim*
8:30	8:15-9a	8:15-9a	8:15-9a	8:15-9a		8:15-9a	8:15-9a	8:15-9a
8:45								
9:00								
9:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Lap Swim	Family	Lap Swim
9:30	9:15 -	9:15-10a	9:15-10a	9:15-10a		9:15-10a	Swim 9:15-	9:15 -
9:45	11:15am			10:45a			10:30a	11:15am
10:00		Aqua Combo	Aqua Combo			Aqua Combo		
10:15		10:15-11	10:15-11			10:15-11		
10:30				Family Swim			Family Swim	
10:45				10:45-11:45am			10:45-12p	
11:00								
11:15		Lap Swim	Lap Swim		Lap Swim	Lap Swim		
11:30	Family	11:15-2p	11:15-2p		9:15-2p		10:45-12p	Family
11:45	Swim							Swim
12:00	11:30-							11:30-
12:15	12:45pm			Family Swim		Lap Swim		12:45pm
12:30				12-1p		11:15-2p	Lap Swim	
12:45							12:15-	
1:00	Lap						1:45p	Lap
1:15	1-1:45p							1-1:45p
1:30								
1:45								
2:00	Family				Family		Family	Family
2:15	Swim				2-3p		Swim	Swim
2:30	2-3p					Lap Swim	2-3p	2-3p
2:45						2:15-4pm		
3:00								
3:15	Family				Family		Family	Family
3:30	Swim				3:15-4:15p		Swim	Swim
3:45	3:15-4:15p						3:15-4:15p	3:15-4:15p
4:00								
4:15		Y-Camp	Y-Camp			Y-Camp		
4:30		Swim	Swim			Swim		
4:45		4-5p	4-5p			4-5p		
5:00								
5:15	Please make	Family	Family			Family	Please make	Please make
5:30	your same	Swim	Swim			5-6p	your same	your same
5:45	day Family	5-6p	5-6p				day Family	day Family
6:00	reservations						reservations	reservations
6:15	by calling	Family	Family			Family	by calling	by calling
6:30	the front	Swim	6:15-7:15p			6:15-7:15p	the front	the front
6:45	desk at	6:15-7:15p					desk at	desk at
7:00	847-272-						847-272-	847-272-
7:15	7250.						7250.	7250.
7:30			Lap Swim					
7:45			6:15-8:15p					
8:00								
8:15								