



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

Winter 2 2026 Session Pool Schedule: February 23 to April 19
 as of 2/16/2026 *schedule subject to change*