



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

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**Spring Break Session Pool Schedule: March 23rd to March 29th**

	Monday 3/23/2026	Tuesday 3/24/2026	Wednesday 3/25/2026	Thursday 3/26/2026	Friday 3/27/2026	Saturday 3/28/2026	Sunday 3/29/2026		
5:00									
5:15	Lap Swim*	* Reservation Required	* Reservation Required						
5:30	5:15-6a	5:15-6a	5:15-6a	5:15-6a	5:15-6a				
5:45									
6:00									
6:15	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	Aqua Blast	Lap Swim*	Lap Swim*						
7:30	7:15-8:00am	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 Swim*	Lap Swim*		
8:30	8:15-9a	8:15-9am	8:15-9am	8:15-9a	8:15-9a	8:15-9a	8:15-9a		
8:45									
9:00									
9:15	Lap Swim	Aqua Combo	Lap Swim 9:15-2pm	Aqua Blast	Lap Swim	Family Swim 9:15-10:30a	Lap Swim 9:15-11:15am		
9:30	9:15-10a	9:15-10am		9:15-10am	9:15-10a			9:15-10:30a	9:15-11:15am
9:45									
10:00								PSL	
10:15									
10:30	Aqua Combo	Lap Swim 10:15-2pm	Lap Swim 10:15-2pm	Lap Swim 10:15-2pm	Aqua Combo	Family Swim 10:45-12p	Family Swim 11:30-12:45pm		
10:45	10:15-11				10:15-11am			10:15-11am	10:15-11am
11:00									
11:15									
11:30	Lap Swim				Lap Swim 11:15-2pm				
11:45	11:15-2pm					11:15-2pm			
12:00									
12:15									
12:30									
12:45									
1:00									
1:15	Our Place						Lap 1-1:45p		
1:30	1-2:15pm								
1:45									
2:00									
2:15	Lap Swim 2:15-4pm	Lap Swim 2:15-4pm	PSL	Lap Swim 2:15-4p	PSL	Lap Swim 2:15-4pm	Family Swim 2-3pm		
2:30									
2:45									
3:00									
3:15									
3:30						Family Swim 3:15-4:15pm	Family Swim 3:15-4:15pm		
3:45									
4:00	Y-Camp Swim								
4:15	Family Swim 4-5:15p								
4:30									
4:45									
5:00									
5:15	Family Swim 5:15-6:15p		Please make your same day Family Swim reservations by calling the front desk at 847-272-7250.						
5:30									
5:45									
6:00									
6:15			Family 6:15-7:15p						
6:30				Lap 6:15-8:15p					
6:45									
7:00		Lap 6:15-8:15p							
7:15		PSL							
7:30			Lap Swim 6:15-8:15p						
7:45									
8:00									

Spring Break Session Pool Schedule: March 23rd to March 29th  
 as of 3/19//2026 \*schedule subject to change\*