



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

Winter 2 2026 Session Pool Schedule: February 23 to April 19  
 as of 3/24/2026 \*schedule subject to change\*