



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

Spring 2026 Session Pool Schedule: April 20 to June 7
 as of 3/24/2026 *schedule subject to change*