



North Suburban YMCA
2705 Techny Road
Northbrook, IL 60062
847.272.7250
www.nsymca.org

Fall 2026 Session Pool Schedule: August 24-December 20

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:00		5:00		5:00		5:00		5:00		5:00		5:00	
5:15	* Reservation	5:15		5:15		5:15		5:15		5:15		5:15	* Reservation
5:30	Required	5:30	Lap Swim*	5:30	Lap Swim*	5:30	Lap Swim*	5:30	Lap Swim*	5:30	Lap Swim*	5:30	Required
5:45		5:45	5:15-6a	5:45	5:15-6a	5:45	5:15-6a	5:45	5:15-6a	5:45	5:15-6a	5:45	
6:00		6:00		6:00		6:00		6:00		6:00		6:00	
6:15		6:15		6:15		6:15		6:15		6:15		6:15	
6:30	Lap Swim*	6:30	Lap Swim*	6:30	Lap Swim*	6:30	Lap Swim*	6:30	Lap Swim*	6:30	Lap Swim*	6:30	Lap Swim*
6:45	6:15-7a	6:45	6:15-7a	6:45	6:15-7a	6:45	6:15-7a	6:45	6:15-7a	6:45	6:15-7a	6:45	6:15-7a
7:00		7:00		7:00		7:00		7:00		7:00		7:00	
7:15		7:15		7:15		7:15		7:15		7:15		7:15	
7:30	Lap Swim*	7:30	Aqua Blast	7:30	Lap Swim*	7:30	Lap Swim*	7:30	Lap Swim*	7:30	Lap Swim*	7:30	Lap Swim*
7:45	7:15-8a	7:45	7:15-8:00am	7:45	7:15-8a	7:45	7:15-8a	7:45	7:15-8a	7:45	7:15-8a	7:45	7:15-8a
8:00		8:00		8:00		8:00		8:00		8:00		8:00	
8:15		8:15		8:15		8:15		8:15		8:15		8:15	
8:30	Lap Swim*	8:30	Lap Swim*	8:30	Lap Swim*	8:30	Lap Swim*	8:30	Lap Swim*	8:30	Lap Swim*	8:30	Lap*
8:45	8:15-9a	8:45	8:15-9a	8:45	8:15-9a	8:45	8:15-9a	8:45	8:15-9a	8:45	8:15-9a	8:45	8:15-9am
9:00		9:00		9:00		9:00		9:00		9:00		9:00	
9:15		9:15		9:15		9:15		9:15		9:15		9:15	
9:30	Lap	9:30	Lap Swim	9:30	Aqua Combo	9:30		9:30	Aqua Zumba	9:30	Aqua Blast	9:30	
9:45	9:15-10am	9:45	9:15-10a	9:45	9:15-10am	9:45		9:45	9:15-10am	9:45	9:15-10am	9:45	
10:00		10:00		10:00		10:00		10:00		10:00		10:00	
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10:45		10:45		10:45		10:45		10:45		10:45		10:45	
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11:45		11:45		11:45		11:45		11:45		11:45		11:45	
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7:45		7:45		7:45		7:45		7:45		7:45		7:45	
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8:15		8:15		8:15		8:15		8:15		8:15		8:15	

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as of 8/13/2026 *schedule subject to change*