



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

Fall 2026 Session Pool Schedule: September 8 - 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	Lap Swim*	6:15	Lap Swim*	6:15	Lap Swim*	6:15	Lap Swim*	6:15	Lap Swim*	6:15	Lap Swim*
6:30	Lap Swim*	6:30	6:15-7a	6:30	6:15-7a	6:30	6:15-7a	6:30	6:15-7a	6:30	6:15-7a	6:30	6:15-7a
6:45		6:45		6:45		6:45		6:45		6:45		6:45	
7:00		7:00		7:00		7:00		7:00		7:00		7:00	
7:15	Lap Swim*	7:15	Aqua Blast	7:15	Lap Swim*	7:15	Lap Swim*	7:15	Lap Swim*	7:15	Lap Swim*	7:15	Lap Swim*
7:30	7:15-8a	7:30	7:15-8:00am	7:30	7:15-8a	7:30	7:15-8a	7:30	7:15-8a	7:30	7:15-8a	7:30	7:15-8a
7:45		7:45		7:45		7:45		7:45		7:45		7:45	
8:00		8:00		8:00		8:00		8:00		8:00		8:00	
8:15	Lap Swim*	8:15	Lap Swim*	8:15	Lap Swim*	8:15	Lap Swim*	8:15	Lap Swim*	8:15	Lap Swim*	8:15	Lap*
8:30	8:15-9a	8:30	8:15-9a	8:30	8:15-9a	8:30	8:15-9a	8:30	8:15-9a	8:30	8:15-9a	8:30	8:15-9am
8:45		8:45		8:45		8:45		8:45		8:45		8:45	
9:00		9:00		9:00		9:00		9:00		9:00		9:00	
9:15	Lap	9:15	Lap	9:15	Aqua Combo	9:15	Aqua Blast	9:15	Aqua Zumba	9:15	Aqua Blast	9:15	9:00-12:15pm Swim Lessons
9:30	9:15-10am	9:30	9:15-10a	9:30	9:15-10am	9:30	9:15-10am	9:30	9:15-10am	9:30	9:15-10am	9:30	
9:45	PSL	9:45	Swim Lesson	9:45		9:45		9:45		9:45		9:45	
10:00		10:00	Aqua Combo	10:00		10:00		10:00		10:00		10:00	
10:15		10:15	10:15-11	10:15	Swim Lesson	10:15		10:15	Swim Lesson	10:15	Aqua Combo	10:15	
10:30	10:00-12:00pm	10:30		10:30		10:30		10:30		10:30	10:15-11am	10:30	
10:45	Swim Lessons	10:45		10:45		10:45		10:45		10:45		10:45	
11:00		11:00		11:00		11:00		11:00		11:00		11:00	
11:15		11:15		11:15		11:15		11:15		11:15		11:15	
11:30		11:30		11:30		11:30		11:30		11:30		11:30	
11:45		11:45	Lap Swim	11:45		11:45		11:45		11:45		11:45	
12:00		12:00	11:15-1pm	12:00		12:00		12:00		12:00		12:00	
12:15	Special Olympics	12:15		12:15		12:15		12:15		12:15		12:15	
12:30	Swim Team	12:30		12:30		12:30		12:30		12:30		12:30	
12:45		12:45		12:45		12:45		12:45		12:45		12:45	
1:00		1:00		1:00		1:00		1:00		1:00		1:00	
1:15	Lap	1:15		1:15		1:15		1:15		1:15		1:15	
1:30	1-1:45p	1:30	Our Place	1:30		1:30		1:30		1:30		1:30	
1:45	PSL	1:45		1:45		1:45		1:45		1:45		1:45	
2:00		2:00		2:00		2:00		2:00		2:00		2:00	
2:15	Family Swim	2:15		2:15		2:15		2:15		2:15		2:15	Family Swim
2:30	2-3pm	2:30	Lap Swim	2:30	Lap Swim	2:30	Lap Swim	2:30	Lap Swim	2:30	Lap Swim	2:30	2-3pm
2:45		2:45		2:45		2:45		2:45		2:45		2:45	
3:00		3:00	Lap Swim	3:00	Lap Swim	3:00	Lap Swim	3:00	Lap Swim	3:00	Lap Swim	3:00	
3:15		3:15	2:15-4pm	3:15	2:15-4p	3:15	2:15-4p	3:15	2:15-4p	3:15	2:15-4pm	3:15	
3:30	Family Swim	3:30		3:30		3:30		3:30		3:30		3:30	Family Swim
3:45	3:15-4:15pm	3:45		3:45		3:45		3:45		3:45		3:45	3:15-4:15pm
4:00		4:00		4:00		4:00		4:00		4:00		4:00	
4:15		4:15	PSL	4:15		4:15	Special Olympics	4:15		4:15	Special Olympics	4:15	
4:30		4:30	Y-Time	4:30		4:30	Swim Team	4:30		4:30	Swim Team	4:30	
4:45		4:45	Swim	4:45		4:45		4:45		4:45		4:45	
5:00		5:00		5:00	4:15-6:30pm	5:00		5:00	4:15-6:15pm	5:00		5:00	
5:15		5:15		5:15	Swim Lessons	5:15	5-6pm	5:15	Swim Lessons	5:15		5:15	
5:30		5:30	Swim Club	5:30		5:30	Swim Lessons	5:30		5:30		5:30	
5:45		5:45		5:45		5:45		5:45		5:45		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		6:30		6:30		6:30		6:30		6:30		6:30	
6:45		6:45	6:00-8:15pm	6:45		6:45		6:45		6:45		6:45	
7:00		7:00	Swim Lessons	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		7:30		7:30		7:30		7:30		7:30		7:30	
7:45		7:45		7:45		7:45		7:45		7:45		7:45	
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	

Fall 2026 Session Pool Schedule: September 8 - December 20

as of 9/3/2026 *schedule subject to change*