



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

Winter 2025 Session Pool Schedule: January 6th to March 23rd
 as of 12/19/2024 *schedule subject to change*