



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 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	5:15
5:30								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							PSL	8:30
8:45								8:45
9:00								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		9:15
9:30								9:30
9:45								9:45
10:00								10:00
10:15		Aqua Combo 10:15-11	Swim Lesson					10:15
10:30								10:30
10:45								10:45
11:00								11:00
11:15								11:15
11:30								11:30
11:45	Special Olympics Swim Team							11:45
12:00		Lap Swim 11:15-2pm						12:00
12:15								12:15
12:30			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	12:30
12:45							PSL	12:45
1:00	Lap 1-1:45p							1:00
1:15								1:15
1:30		Our Place						1:30
1:45								1:45
2:00								2:00
2:15	Family Swim 2-3pm						Family Swim 2-3pm	2:15
2:30								2:30
2:45		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		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
4:30								4:30
4:45								4:45
5:00			4:15-6:30pm Swim Lessons	Special Olympics Swim Team & Swim Club	4:15-6:30pm Swim Lessons	Special Olympics Swim Team & Swim Club		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.						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		6:00-8:15pm Swim Lessons						6:45
7:00			Lap 6:45-8:15p	Lap 6:45-8:15p	Lap 6:45-8:15p	Lap 6:15-8:15p		7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00								8:00
8:15								8:15

Spring 2025 Session Pool Schedule: March 31st to June 8th  
 as of 3/3/2025 \*schedule subject to change\*