



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

Spring Break Session Pool Schedule: March 24th to March 30th  
 as of 3/13/2025 \*schedule subject to change\*