



North Suburban YMCA
 2705 Techny Road
 Northbrook, IL 60062
 847-272-7250
 www.nsymca.org

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:15							
5:30	Open Gym	Open Gym		Open Gym			
5:45			Boot Camp		Fit Xtreme		
6:00							
6:15							
6:30							
6:45							
7:00		Adult B-Ball		Adult B-Ball	Open Gym	Adult B-Ball	
7:15							Adult B-Ball
7:30							
7:45							
8:00							
8:15	TBC		TBC				
8:30		Walking Class			Walking Class		
8:45							
9:00						Interval Conditioning	
9:15							
9:30							
9:45			Sports Class				
10:00		Open Gym		PickleBall		Gymnastics	
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00		CM PE Class	CM PE Class	CM PE Class			
12:15							
12:30							
12:45	Open Gym				Open Gym		
1:00							
1:15							
1:30							
1:45							
2:00				Sports Class			
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00		Boys Gymnastics			Sports Class		
4:15							
4:30	Basketball Skills Training		Gymnastics	Gymnastics			
4:45							
5:00						Open Gym	*Gym may be closed for rentals please call ahead of time to check availability
5:15		Basketball Skills training			Y-Time		
5:30							
5:45							
6:00						Glenbrook United	
6:15							
6:30							
6:45							
7:00							
7:15							
7:30	Volleyball Class						
7:45							
8:00			Open Gym		Open Volleyball 6th-8th		*Gym may be closed for rentals. Studio D may be available
8:15							
8:30							
8:45		Open Gym			Open Volleyball 9th-12th		
9:00				Open Gym			
9:15							
9:30							
9:45							

Spring Schedule: 4/3/17-6/11/17
 as of 3/28/2017
 schedule subject to change