



North Suburban YMCA
2705 Techny Road Northbrook, IL

847-272-7250
nsymca.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:15							
5:30		Open Gym					
5:45	Fitness			Fitness			
6:00						Fitness	
6:15							
6:30							
6:45		Adult B-ball					
7:00							
7:15							
7:30							
7:45							
8:00							
8:15	Fitness		Fitness				
8:30							
8:45		Fitness			Fitness		
9:00							
9:15						Fitness	
9:30							
9:45			Pre-School				
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15							
12:30		Fitness					
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45	Gymnastics	Basket ball	Y-Time	Gymnastics	Gymnastics	Sports Of All Sorts	
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00	Volley ball						
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							

**Fall II 10/22/18-12/23/18
 schedule subject to change**