



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	Open Gym	Open Gym	Open Gym	Open Gym	Fit Xtreme	Adult B-Ball 6:00-8:45	Adult B-Ball 7:00-9:15
5:15							
5:30							
5:45							
6:00							
6:15							
6:30	Adult B-Ball 6:30-8:30	Open Gym	Adult B-Ball 6:30-8:30	Open Gym	Open Gym	Adult B-Ball 6:00-8:45	Adult B-Ball 7:00-9:15
6:45							
7:00							
7:15							
7:30							
7:45							
8:00	Circuit 55	Walking Class	Strength & Balance	Walking Class	Gymnastics 9-12:00pm	Interval Condo 9:00-10am	Open Gym
8:15							
8:30							
8:45							
9:00							
9:15							
9:30	Sports Class	Sports Class	Sports Class	Sports Class	Sports Class	Sports Class	Open Gym
9:45							
10:00							
10:15							
10:30							
10:45							
11:00	CM PE Class	CM PE Class	CM PE Class	CM PE Class	CM PE Class	CM PE Class	Open Gym
11:15							
11:30							
11:45							
12:00							
12:15							
12:30	Rugby	Gymnastics 3:00-6:15pm	Gymnastics 3:00-6:15pm	sports class	Y-Time	Open Gym	*Gym may be closed for rentals please call ahead of time to check availability
12:45							
1:00							
1:15							
1:30							
1:45							
2:00	Y-Time	Tumbling	BST	BST	Y-Time	Open Gym	*Gym may be closed for rentals please call ahead of time to check availability
2:15							
2:30							
2:45							
3:00							
3:15							
3:30	Volleyball Class	BST	Open Gym	Open Gym	Glenbrook United 6:00-7:30	Open Gym	*Gym may be closed for rentals. Studio D may be available
3:45							
4:00							
4:15							
4:30							
4:45							
5:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	*Gym may be closed for rentals. Studio D may be available
5:15							
5:30							
5:45							
6:00							
6:15							
6:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	*Gym may be closed for rentals. Studio D may be available
6:45							
7:00							
7:15							
7:30							
7:45							
8:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	*Gym may be closed for rentals. Studio D may be available
8:15							
8:30							
8:45							
9:00							
9:15							
9:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	*Gym may be closed for rentals. Studio D may be available
9:45							
9:45							
9:45							
9:45							
9:45							

Fall Schedule: 8/28/17-10/22/17  
 as of 8/28/2017  
 schedule subject to change