



North Suburban YMCA
2705 Techny Road Northbrook, IL

847-272-7250
nsymca.org

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

Winter 1/7/19-4/1/19
schedule subject to change