



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			
5:45	Interval Conditioning		TBC		Fit Xtreme		
6:00							
6:15							
6:30		Adult B-Ball		Adult B-Ball		Adult B-Ball	
6:45							
7:00					Open Gym		
7:15							Adult B-Ball
7:30							
7:45							
8:00	Interval Conditioning		Strength & Balance				
8:15		Walking Class			Walking Class	Interval Conditioning	
8:30							
8:45							
9:00							
9:15							
9:30			Sports Class	PickleBall			
9:45		Open Gym					
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00		CM PE Class		CM PE Class			
12:15							
12:30	Open Gym				Open Gym		Open Gym
12:45							
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	Basketball Skills Training		Gymnastics	Gymnastics			
4:30							
4:45		Tumbling Class					
5:00		BSK				Open Gym	*Gym may be closed for rentals please call ahead of time to check availability
5:15					Y-Time		
5:30							
5:45							
6:00							
6:15					Glenbrook United		
6:30							
6:45							
7:00	Volleyball Class						
7:15							
7:30							
7:45							
8:00			Open Gym				*Gym may be closed for rentals. Studio D may be available
8:15					Open Volleyball 6th-8th		
8:30							
8:45		Open Gym					
9:00							
9:15							
9:30							
9:45							

Spring Schedule: 4/2/18-6/10/18
 as of 4/9/2018
 schedule subject to change