



North Suburban YMCA  
 2705 Techy 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		5:00	5:00	5:00	5:00		5:00
5:15		5:15	5:15	5:15	5:15		5:15
5:30	Open Gym 5:00-9:00	Open Gym 5:00-6:30	Open Gym 5:00-12:00	Open Gym 5:00-6:30	Open Gym 5:00-9:00		5:30
5:45							5:45
6:00							6:00
6:15							6:15
6:30							6:30
6:45							6:45
7:00		Adult B-Ball 6:30-8:30		Adult B-Ball 6:30-8:30		Adult B-Ball 6:00-8:45	7:00
7:15							7:15
7:30							7:30
7:45							7:45
8:00							8:00
8:15							8:15
8:30							8:30
8:45							8:45
9:00	Interval Condo. 9:00-10:00am	Cardio-Kickbox 9:00-10:00am		Total Body Conditioning	Walking Group 9:00-10:00am	Gymnastics 9-12:00pm	Family Gym 8:00 am - 12 pm
9:15						Interval Condo. 8:50-10am	Open Gym 8:00 am - 12 pm
9:30							
9:45							
10:00	Family Gym 10:00-12:00pm	Open Gym 10-5pm		Open Gym 10-3:15pm	Gym/Swim 10-45		
10:15							
10:30							
10:45							
11:00					Open Gym 9:45-12pm		
11:15							
11:30							
11:45							
12:00	Open Gym		Adult B-Ball 12:00 pm- 1:30 pm		Adult B-Ball 12:00 pm- 1:30 pm		
12:15							
12:30							
12:45							
1:00		Little Athlete 1-2					
1:15							
1:30							
1:45		Kinder Club 1:30-2:30					
2:00					Art & Gym 2-2:45		
2:15							
2:30							
2:45							
3:00	Family Gym				Open Gym		
3:15							
3:30							
3:45							
4:00	Y-Time 4-5				Y-Time 3:30-4:30		
4:15							
4:30		Boys Gymnastics 4:15-5:45	Gymnastics 3:00-6:15pm	Gymnastics 10:00-6:15pm			
4:45		Baseball Classes			Basketball Skills		
5:00							
5:15							
5:30							
5:45							
6:00		Basketball Skills Class			Family Gym 6-7		
6:15							
6:30							
6:45							
7:00	Adult B-Ball 7:00-8:30		Volleyball 16:30-7:30pm				
7:15			Cheer Team 6:30-8pm				
7:30		Travel Basketball practice 7:30-9:00 til mid march		Travel Basketball practice 7:30-9:00 til mid march			
7:45							
8:00							
8:15							
8:30			Open Gym 8-9:45pm				
8:45							
9:00	Open Gym 8:30-9:45	Open Gym 9-9:45pm					
9:15							
9:30							
9:45							

Floor Hockey  
 March 3- April 21  
 Soccer  
 April 14-May 19

\*Gym may be closed for rentals please call ahead of time to check availability

\*Gym may be closed for travel basketball games or rentals from 4:30-6:45. Studio D may be available

Winter 2 Gym Schedule: 2/20/12-4/22/12  
 schedule subject to change



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