

North Suburban YMCA

*** As of 11/17/2008

Fall Gym Schedule: Monday, October 20th, through Saturday December 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:15							
5:30	Open Gym 5:00-6:30	Open Gym 5:00-6:30	Open Gym 5:00-6:30	Open Gym 5:00-6:30	Open Gym 5:00-6:30	Closed	Closed
5:45							
6:00							
6:15							
6:30	Adult B-Ball 6:30-8:30	Adult B-Ball 6:30-8:30	Adult B-Ball 6:30-8:30	Adult B-Ball 6:30-8:30	Adult B-Ball 6:30-8:30	Adult B-Ball 6:00-8:30	Closed
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30	Open Gym 8:30-9:15	Step Surprise 9:00-10:00	Open Gym 8:30-9:45	Step Surprise 9:00-10:00	30/30 9:00-10:00		Closed
8:45							
9:00							
9:15							
9:30	Interval Blast 9:15-10:15					Step Circuit 9:00-10:00	
9:45							
10:00	Open Gym 10:15-10:45	GBN/GBS 10:15-11:45	Little Athletes (Full Gym) 9:45-11:15	Gymnastics (1/2 Gym) 10:00-3:45	GBN/GBS 10:15-11:45	Gymnastics 9:00-12:15	Closed
10:15							
10:30	Early Childhood 10:45-11:45	Family Gym 11:45-5:30	Open Gym 11:15-11:45	Early Childhood 10:45-11:45	Adult B-Ball Full Gym 11:45-1:30	Open Gym Thru 11/1 Youth B-Ball Games (Full Gym) 11/8-12/20 12:15-4:00	Open And Family Gym 11:15-4:45
10:45							
11:00							
11:15							
11:30	Adult B-Ball Full Gym 11:45-1:30		Adult B-Ball Full Gym 11:45-1:30	Open Gym (1/2 Gym) 11:45-3:45	Adult B-Ball Full Gym 11:45-1:30		
11:45							
12:00							
12:15							
12:30	Open Gym 1:30-3:45		Little Athletes (Full Gym) 1:30-2:45		Swim & Gym 1:45-2:30		
12:45							
1:00							
1:15							
1:30			Open Gym 2:45-3:30		Open Gym 2:30-3:45		
1:45							
2:00							
2:15							
2:30	After School Sports Camp (Full Gym) 3:45-5:45		Gymnastics (Full Gym) 3:30-6:15	Gymnastics (Full Gym) 3:45-6:15	After School Sports Camp (Full Gym) 3:45-5:45	Open Gym 4:00-6:45 GYM MAY BE CLOSED 4:45-6:15 FOR B-DAY PARTY RENTALS. STUDIO D MAY BE AVAILABLE	
2:45							
3:00							
3:15							
3:30	Youth B-Ball Practice 5:45-7:45	Basketball Training Academy (10/14-12/9) 5:30-7:45	Youth B-Ball (10/22-12/17) 6:15-8:30	Youth B-Ball Practice (10/23-12/18) 6:15-7:30	Youth B-Ball Practice (10/24-12/19) 6:15-8:45	Closed	Closed
3:45							
4:00							
4:15							
4:30	Men's B-Ball 7:45-9:45	Open And Family Gym 7:45-9:45	Open Gym 8:30-9:45	Open Gym 7:30-9:45	Open And Family Gym 8:45-9:45	Closed	Closed
4:45							
5:00							
5:15							
5:30	Closed	Closed	Closed	Closed	Closed	Closed	Closed
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							

Adult B-Ball :
Open Gym :
Family Gym :

Must be 19 years or older and a member of the YMCA or a guest of the YMCA
During open gym all children 10 years and under MUST be accompanied by an adult
Available for families to interact with their children

Please Do Not Disturb Classes/Leagues That Are Running During The Closed Gym Times.

The Basketball Hoop in Studio D may be available during closed gym times. Please inquire at the Front Desk.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE