



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		5:00	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 5:00-6:30		
5:45							
6:00							
6:15							
6:30							
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	
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15	Interval Condo. 9:00-10:00am	Step 9:00-10:00am		Step 9:00-10:00am	Walking Group 9-9:45am		
9:30							
9:45							
10:00							
10:15							
10:30	Family Gym 10:00-12:00pm				Gym/Swim 10-45		
10:45							
11:00		Open Gym 10-5pm			Open Gym 9:45-12pm		
11:15							
11:30							
11:45							
12:00							
12:15			Adult B-Ball 12:00 pm- 1:30 pm		Adult B-Ball 12:00 pm- 1:30 pm		
12:30							
12:45							
1:00							
1:15		Little Athlete 1-2					
1:30							
1:45							
2:00		Kinder Club 2-3pm			Art & Gym 2-2:45		
2:15							
2:30							
2:45							
3:00					Open Gym 1:30-6:00		
3:15							
3:30							
3:45							
4:00							
4:15							
4:30			Gymnastics 3:00-6:15pm				
4:45							
5:00							
5:15							
5:30							
5:45							
6:00	House Practice 5:00-7:00				House Practice 5-7		
6:15							
6:30							
6:45							
7:00		House & Travel Basketball 5-9pm	Volleyball 16:30-7:30pm				
7:15							
7:30	Adult B-Ball 7:00-8:30		Cheer Team 6:30-8pm				
7:45							
8:00							
8:15							
8:30							
8:45							
9:00	Open Gym 8:30-9:45		Open Gym 8-9:45pm				
9:15							
9:30							
9:45							

Winter 1 Gym Schedule: 1/2/12-2/19/12
 schedule subject to change



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