

GYM SCHEDULE

North Suburban YMCA
June 22nd–September 1st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:30 AM	Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 9:00 AM	Open Gym 5:30 – 8:00AM	Open Gym 5:30 – 9:00 AM	Open Gym 5:30 – 8:00 AM	Adult (18+) Pick-up Basketball 6:00 – 8:00 AM	Open Gym 8:00 AM – 10:00 AM					
6:00 AM												
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM	Total Body Conditioning 8:00 – 9:00 AM		Total Body Conditioning 8:00 – 9:00 AM		Total Body Conditioning 8:00 – 9:00 AM	Open Gym 8:00 AM – 9:00 AM						
8:30 AM												
9:00 AM	CAMP					Total Body Conditioning 9:00 – 10:00 AM						
9:30 AM												
10:00 AM												
10:30 AM											Open Pickle Ball (Adult 18+) 10 AM – 12:00 PM	
11:00 AM												
11:30 AM												
12:00 PM												
12:30 PM										CAMP 10:00 – 5:00 PM	Family Gym 12:00 – 1:00 PM	
1:00 PM						CAMP 10:00 – 5:00 PM	CAMP 9:00 – 5:00 PM	CAMP 10:00 – 5:00 PM	CAMP 9:00 – 5:00 PM			Birthday Parties 1:00 PM – 3:00 PM
1:30 PM												
2:00 PM											Family Gym (Field Day Games) 2:00 – 3:00 PM	
2:30 PM												
3:00 PM											Teen Only Gym 3:00 – 4:00 PM	
3:30 PM												
4:00 PM												
4:30 PM					Family Gym 4:00 – 5:00 PM		Open Gym 3:00 PM – 6:00 PM					
5:00 PM	Family Gym 5:00 – 6:00 PM	Teen Only Gym 5:00 – 6:00 PM	Open Gym 5:00 – 6:00 PM	Teen Only Gym 5:00 – 6:00 PM		Open Gym 4:00 PM – 6:00 PM						
5:30 PM					Open Pickle Ball (Adult 18+) 5:00 PM – 6:45 PM							
6:00 PM	Adult League Basketball (16+) (Registration Required) 6:00 – 9:30 PM	Beginner Pickle Ball (Adult 18+) 6:00 PM – 7:00 PM	Adult (16+) Pick-up Volleyball 6:00 – 9:00 PM	Special Olympics 6:00 – 7:30 PM								
6:30 PM		Intermediate PickleBall (Adult 18+) 7:00 PM – 8:00 PM										
7:00 PM												
7:30 PM												
8:00 PM												
8:30 PM		Open Gym 8:00 – 9:30 PM		Badminton (16+) 7:30 – 9:00PM								
9:00 PM												
9:30 PM												

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

FAMILY GYM:

Nets are able to be adjusted for families

OPEN GYM:

Open to all members, nets will not be adjusted