

GYM SCHEDULE

North Suburban YMCA
July 12th–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						
8:30 AM											
9:00 AM		CAMP 9:00 – 5:00 PM				Total Body Conditioning 9:00 – 10:00 AM					
9:30 AM											
10:00 AM	CAMP 10:00 – 2:00 PM					CAMP 10:00 – 2:00 PM	Open Gym 10:00 AM – 2:00 PM	Open Pickle Ball (Adult 18+) 10 AM – 12:00 PM			
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM											Family Gym 12:00 – 1:00 PM
1:00 PM											
1:30 PM											Birthday Parties 1:00 PM – 3:00 PM
2:00 PM		Teen Sports Club 2:00 – 3:00 PM		Teen Sports Club 2:00 – 3:00 PM				Teen Sports Club 2:00 – 3:00 PM	Family Gym (Field Day Games) 2:00 – 3:00 PM		
2:30 PM											
3:00 PM	CAMP 3:00 – 5:00 PM		CAMP 3:00 – 5:00 PM		CAMP 3:00 – 4:00 PM	Teen Only Gym 3:00 – 4:00 PM	Open Gym 3:00 PM – 6:00 PM				
3:30 PM											
4:00 PM											
4:30 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 Pickle Ball (Adult 18+) 5:00 PM – 6:45 PM	
5:30 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							
6:00 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!

*Please Note: Teen Sports Club will be cancelled when weather permits as Camp will be using the gym space.

FAMILY GYM:

Nets are able to be adjusted for families

OPEN GYM:

Open to all members, nets will not be adjusted