

GYM SCHEDULE (HOLIDAY)

North Suburban YMCA
December 23rd–December 29th



	Monday 12/23	Tuesday 12/24 6:00–12:00	Wednesday 12/25 CLOSED	Thursday 12/26	Friday 12/27	Saturday 12/28	Sunday 12/29		
5:30 AM	Open Gym 5:30 – 7:30 AM	Open Gym 6:00 – 12:00	CLOSED	Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 7:30 AM	Open Gym 6:00 AM – 8:45 AM			
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM	RESERVED FOR OST/CAMP 7:30 – 8:45 AM							RESERVED FOR OST/CAMP 7:30 – 8:45 AM	
8:00 AM									
8:30 AM									
9:00 AM	Total Body Conditioning 9:00 – 10:00 AM					Pickleball LEVEL 1 8:00 – 10:00 AM		Total Body Conditioning 9:00 – 9:45 AM	Open Gym 8:00 AM – 10:00 AM
9:30 AM									
10:00 AM	RESERVED FOR OST/CAMP 10:00 – 5:30 PM			Pickleball **LEVEL 2** 10:00 AM – 1:00 PM	RESERVED FOR OST/CAMP 10:00 – 5:30 PM	Sports Classes 10:00AM – 1:00 PM	RESERVED FOR FAMILY PROGRAM 10:00 – 1:00 PM		
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM				WALK + 1:00 – 2:00 PM			Open Gym 1:00 PM – 2:00 PM	Birthday Parties 1:00 – 3:00 PM	
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM			Open Gym 2:00 – 6:00 PM		Open Family Gym 2:00 – 3:00 PM	Open Gym 3:00 – 6:00 PM			
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM	Open Gym 5:30 – 9:30 PM			Special Olympics 6:00 – 7:30 PM	Open Gym 5:30 – 7:00 PM				
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM				Badminton (16+) 7:30 – 9:00PM					
8:30 PM									
9:00 PM									
9:30 PM									

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

ADULT SPORTS (Including Pickleball, Volleyball & Badminton):
Sign up is required in the App or Motionvibe

FAMILY GYM: This is a structured time run by staff, for families to play games and exercise. Nets can be adjusted, and a variety of activities will be available—basketball, pickleball, volleyball, scooter races, obstacle courses etc.

OPEN FAMILY GYM: Gym time for caregivers and their children to exercise and play games. This is not staffed. There will be equipment available (basketballs, bowling set etc.

REGISTER HERE!



www.ymcaboston.org/northsuburban

Please call ahead for availability: 781-935-3270