

GYM SCHEDULE (HOLIDAY)

North Suburban YMCA
December 30th–January 5th



	Monday 12/30	Tuesday 12/31 5:30–6:00	Wednesday 1/1 10:00–6:00	Thursday 1/2	Friday 1/3	Saturday 1/4	Sunday 1/5
5:30 AM	Open Gym 5:30 – 7:30 AM	Open Gym 5:30 – 7:30 AM		Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 8:45 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 – 2:30 PM		Pickleball LEVEL 1 8:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 9:45 AM	Open Gym 8:00 AM – 10:00 AM
8:00 AM							
8:30 AM	Total Body Conditioning 9:00 – 10:00 AM						
9:00 AM							
9:30 AM							
10:00 AM	RESERVED FOR OST/CAMP 10:00 – 5:30 PM	RESERVED FOR OST/CAMP 7:30 – 2:30 PM	Pickleball Mixed Levels 10:00 AM – 1:00 PM	Intro to Pickleball 10:00AM – 11:00 AM *sign up required*	Pickleball **LEVEL 2** 10:00 AM – 1:00 PM	Sports Classes 10:00AM – 1:00 PM	Pickleball Mixed Levels 10:00 AM – 12:00 PM
10:30 AM							
11:00 AM							
11:30 AM				Pickleball **LEVEL 2** 11:00 AM – 1:00 PM			
12:00 PM							Open Family Gym 12:00 – 1:00 PM
12:30 PM							
1:00 PM	RESERVED FOR OST/CAMP 10:00 – 5:30 PM	RESERVED FOR OST/CAMP 7:30 – 2:30 PM	Open Gym 1:00 – 6:00 PM	WALK + 1:00 – 2:00 PM	Open Gym 1:00 – 4:00 PM	Open Gym 1:00 PM – 2:00 PM	Birthday Parties 1:00 – 3:00 PM
1:30 PM							
2:00 PM						Open Family Gym 2:00 – 3:00 PM	
2:30 PM		Open Gym 2:30 – 6:00 PM					
3:00 PM				Open Gym 2:00 – 6:00 PM			
3:30 PM							
4:00 PM					Open Family Gym 4:00 – 5:00 PM	Open Gym 3:00 – 6:00 PM	Open Gym 3:00 – 6:00 PM
4:30 PM							
5:00 PM					Pickleball Mixed Levels 5:00 – 6:45 PM		
5:30 PM	Open Gym 5:30 – 9:30 PM						
6:00 PM							
6:30 PM				Special Olympics 6:00 – 7:30 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!

www.ymcaboston.org/northsuburban

Please call ahead for availability: 781-935-3270

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!

