

GYM SCHEDULE

North Suburban YMCA
January 6th–February 16th



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM		Open Gym 5:30 - 8:00 AM		Open Gym 5:30 - 8:00 AM			
6:30 AM							
7:00 AM	Open Gym 5:30 - 8:45 AM		Open Gym 5:30 - 8:45 AM		Open Gym 5:30 - 8:45 AM	Open Gym 6:00 AM - 8:45 AM	
7:30 AM							
8:00 AM							
8:30 AM							
8:30 AM		Pickleball **LEVEL 2** 8:00 - 10:00 AM		Pickleball LEVEL 1 8:00 - 10:00 AM			Open Gym 8:00 AM - 10:00 AM
9:00 AM	Total Body Conditioning 9:00 - 10:00 AM		Total Body Conditioning 9:00 - 10:00 AM		Total Body Conditioning 9:00 - 10:00 AM	Total Body Conditioning 9:00 - 9:45 AM	
9:30 AM							
10:00 AM				Intro to Pickleball 10:00 - 11:00 AM *SIGN UP REQUIRED*			
10:30 AM							
11:00 AM	Pickleball **LEVEL 2** 10:00 AM - 1:00 PM	Pickleball LEVEL 1 10:00 AM - 1:00 PM	Pickleball **LEVEL 2** 10:00AM - 1:00 PM		Pickleball **LEVEL 2** 10:00 AM - 1:00 PM	Sports Classes 10:00AM - 1:00 PM	Pickleball Mixed Levels 10 AM - 12:00 PM
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		WALK + 1:00 - 2:00 PM		WALK + 1:00 - 2:00 PM		Open Gym 1:00 PM - 2:00 PM	
1:30 PM					Open Gym 1:00 - 4:00 PM		Birthday Parties 1:00 - 3:00 PM
2:00 PM			Open Gym 1:00 - 4:00 PM			Open Family Gym 2:00 - 3:00 PM	
2:30 PM	Open Gym 1:00 - 5:00 PM	Open Gym 3:00 - 4:00 PM		Open Gym 2:00 - 4:00 PM			
3:00 PM						Teen Only Gym 3:00 - 4:00 PM	
3:30 PM							
4:00 PM							
4:30 PM		Sports Classes 4:00PM - 6:00 PM	Sports Classes 4:00PM - 6:00 PM	Sports Classes 4:00PM - 5:00 PM	Family Gym 4:00 - 5:00 PM	Open Gym 4:00 - 6:00 PM	Open Gym 3:00 - 6:00 PM
5:00 PM	Family Gym 5:00 - 6:00 PM			Open Gym 4:00 - 5:00 PM			
5:30 PM					Pickleball Mixed Levels (Adult 18+) 5:00 - 6:45 PM		
6:00 PM							
6:30 PM				Special Olympics 6:00 - 7:30 PM			
7:00 PM	Adult League Basketball (16+) (Registration Required) 6:00 - 9:30 PM	Open Gym 6:00 - 9:30 PM	Adult (16+) Pick-up Volleyball 6:00 - 9:00 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-18+):

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!

