

North Suburban YMCA

*** As of 11/25/2008

Fall Gym Schedule: Monday, October 20th, through Saturday December 20th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--|---|---|--|--|--|-----------------------------------|
| 5:00 | | | | | | | |
| 5:15 | | | | | | | |
| 5:30 | Open Gym 5:00-6:30 | Open Gym 5:00-6:30 | Open Gym 5:00-6:30 | Open Gym 5:00-6:30 | Open Gym 5:00-6:30 | Closed | Closed |
| 5:45 | | | | | | | |
| 6:00 | | | | | | | |
| 6:15 | | | | | | | |
| 6:30 | Adult B-Ball 6:30-8:30 | Adult B-Ball 6:30-8:45 | Adult B-Ball 6:30-8:30 | Adult B-Ball 6:30-8:45 | Adult B-Ball 6:30-8:30 | Adult B-Ball 6:00-8:45 | Closed |
| 6:45 | | | | | | | |
| 7:00 | | | | | | | |
| 7:15 | | | | | | | |
| 7:30 | | | | | | | |
| 7:45 | | | | | | | |
| 8:00 | | | | | | | |
| 8:15 | | | | | | | |
| 8:30 | | | | | | | |
| 8:45 | Open Gym 8:30-9:15 | Step Surprise 9:00-10:00 | Complete Strength 9:15-10:15 | Step Surprise 9:00-10:00 | 30/30 9:00-10:00 | Step Circuit 8:50-10:00 | Closed |
| 9:00 | | | | | | | |
| 9:15 | | | | | | | |
| 9:30 | Interval Blast 9:15-10:15 | GBN/GBS 10:15-11:45 | Little Athletes (Full Gym) 10:00-11:15 | Gymnastics (1/2 Gym) 10:00-3:45 | GBN/GBS 10:15-11:45 | Gymnastics 9:00-12:15 | Open And Family Gym 11:15-4:45 |
| 9:45 | | | | | | | |
| 10:00 | | | | | | | |
| 10:15 | Open Gym 10:15-10:45 | GBN/GBS 10:15-11:45 | Little Athletes (Full Gym) 10:00-11:15 | Gymnastics (1/2 Gym) 10:00-3:45 | GBN/GBS 10:15-11:45 | Gymnastics 9:00-12:15 | Open And Family Gym 11:15-4:45 |
| 10:30 | | | | | | | |
| 10:45 | | | | | | | |
| 11:00 | Early Childhood 10:45-11:45 | Family Gym 11:45-5:30 | Open Gym 11:15-11:45 | Early Childhood 10:45-11:45 | Adult B-Ball Full Gym 11:45-1:30 | Baton 10:00-12:00 | Open And Family Gym 11:15-4:45 |
| 11:15 | | | | | | | |
| 11:30 | | | | | | | |
| 11:45 | Adult B-Ball Full Gym 11:45-1:30 | Family Gym 11:45-5:30 | Adult B-Ball Full Gym 11:45-1:30 | Open Gym (1/2 Gym) 11:45-3:45 | Adult B-Ball Full Gym 11:45-1:30 | Youth B-Ball Games (Full Gym) 11/8-12/20 12:15-4:00 | Open And Family Gym 11:15-4:45 |
| 12:00 | | | | | | | |
| 12:15 | | | | | | | |
| 12:30 | | | | | | | |
| 12:45 | | | | | | | |
| 1:00 | Open Gym 1:30-3:45 | Family Gym 11:45-5:30 | Little Athletes (Full Gym) 1:30-2:45 | Open Gym 11:45-3:45 | Swim & Gym 1:45-2:30 | Youth B-Ball Games (Full Gym) 11/8-12/20 12:15-4:00 | Open And Family Gym 11:15-4:45 |
| 1:15 | | | | | | | |
| 1:30 | | | | | | | |
| 1:45 | | | | | | | |
| 2:00 | Open Gym 1:30-3:45 | Family Gym 11:45-5:30 | Little Athletes (Full Gym) 1:30-2:45 | Open Gym 11:45-3:45 | Swim & Gym 1:45-2:30 | Youth B-Ball Games (Full Gym) 11/8-12/20 12:15-4:00 | Open And Family Gym 11:15-4:45 |
| 2:15 | | | | | | | |
| 2:30 | | | | | | | |
| 2:45 | | | | | | | |
| 3:00 | Open Gym 1:30-3:45 | Family Gym 11:45-5:30 | Little Athletes (Full Gym) 1:30-2:45 | Open Gym 11:45-3:45 | Swim & Gym 1:45-2:30 | Youth B-Ball Games (Full Gym) 11/8-12/20 12:15-4:00 | Open And Family Gym 11:15-4:45 |
| 3:15 | | | | | | | |
| 3:30 | | | | | | | |
| 3:45 | | | | | | | |
| 4:00 | After School Sports Camp (Full Gym) 3:45-5:45 | Family Gym 11:45-5:30 | Gymnastics (Full Gym) 3:30-6:15 | Gymnastics (Full Gym) 3:45-6:15 | After School Sports Camp (Full Gym) 3:45-5:45 | Open Gym 4:00-6:45 GYM MAY BE CLOSED 4:45-6:15 FOR B-DAY PARTY RENTALS. STUDIO D MAY BE AVAILABLE | Open And Family Gym 11:15-4:45 |
| 4:15 | | | | | | | |
| 4:30 | | | | | | | |
| 4:45 | | | | | | | |
| 5:00 | Youth B-Ball Practice 5:45-7:45 | Basketball Training Academy (10/14-12/9) 5:30-7:45 | Youth B-Ball (10/22-12/17) 6:15-8:30 | Youth B-Ball Practice (10/23-12/18) 6:15-7:30 | Youth B-Ball Practice (10/24-12/19) 6:15-8:45 | Open Gym 4:00-6:45 GYM MAY BE CLOSED 4:45-6:15 FOR B-DAY PARTY RENTALS. STUDIO D MAY BE AVAILABLE | Open And Family Gym 11:15-4:45 |
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| 5:45 | | | | | | | |
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| 7:15 | | | | | | | |
| 7:30 | | | | | | | |
| 7:45 | | | | | | | |
| 8:00 | Men's B-Ball 7:45-9:45 | Open And Family Gym 7:45-9:45 | Open Gym 8:30-9:45 | Open Gym 7:30-9:45 | Open And Family Gym 8:45-9:45 | Open Gym 4:00-6:45 GYM MAY BE CLOSED 4:45-6:15 FOR B-DAY PARTY RENTALS. STUDIO D MAY BE AVAILABLE | Open And Family Gym 11:15-4:45 |
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| 8:30 | | | | | | | |
| 8:45 | | | | | | | |
| 9:00 | Men's B-Ball 7:45-9:45 | Open And Family Gym 7:45-9:45 | Open Gym 8:30-9:45 | Open Gym 7:30-9:45 | Open And Family Gym 8:45-9:45 | Open Gym 4:00-6:45 GYM MAY BE CLOSED 4:45-6:15 FOR B-DAY PARTY RENTALS. STUDIO D MAY BE AVAILABLE | Open And Family Gym 11:15-4:45 |
| 9:15 | | | | | | | |
| 9:30 | | | | | | | |
| 9:45 | | | | | | | |
| 10:00 | Closed | Closed | Closed | Closed | Closed | Closed | Closed |

Adult B-Ball :
Open Gym :
Family Gym :

Must be 19 years or older and a member of the YMCA or a guest of the YMCA
During open gym all children 10 years and under MUST be accompanied by an adult
Available for families to interact with their children

Please Do Not Disturb Classes/Leagues That Are Running During The Closed Gym Times.

The Basketball Hoop in Studio D may be available during closed gym times. Please inquire at the Front Desk.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE