



ROCKLAND COUNTY YMCA 2019 SUMMER GYM SCHEDULE

Schedule Starts JUNE 29, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-8:45 am Open Gym	5:15-8:45am Open Gym	5:15am-8:45 am Open Gym	5:15am-9am Open Gym	5:15am-2pm Open Gym	6am - 8am Open Gym	7:00-9:00am Open Gym
9am – 10:30am SUMMER FUN CLUB	9am – 10:30am SUMMER FUN CLUB	9am – 10:30am SUMMER FUN CLUB	9am - 10:30 am SUMMER FUN CLUB	9am - 10:30 am SUMMER FUN CLUB	8am - 9:30 am Basketball Training Ages 16 - 21 yrs	9am-12pm Open Gym/ Handball (1/2 gym each)
10:45 am - 6:45 pm Open Gym	10:45 am - 8:45 pm Open Gym	11am - 12 noon Intro to Pickelball Ages 15 +	10:45 am -8:45pm Open Gym	10:45 am – 8:30pm Open Gym		11am -12pm Family Gym Time
		Open Gym 12:15pm - 7pm				12 pm - 6pm Open Gym
7:00-10:00pm Big League VOLLEYBALL	8:45-10:00pm Pickup BASKETBALL ages 16+	7:15-10pm Adult Basketball Ages 21 +	6 pm - 8:45 pm Open Gym	8:45-10:00pm Pickup BASKETBALL ages 16+	Phil Donnelly VP Health & Fitness 845-643-3062 or pdonnelly@rocklandymca.org	
			8:45-10:00pm Pickup BASKETBALL ages 16+			