



# ROCKLAND COUNTY YMCA GYM SCHEDULE FALL 2019

Special /modified schedules will apply during school holidays breaks/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:15 - 7:45am <b>Open Gym</b>	5:15-9:00am <b>Open Gym</b>	5:15 - 7:45am <b>Open Gym</b>	5:15-8:30am <b>Open Gym</b>	5:15 am - 2pm <b>Open Gym</b>	6am-8:30 am <b>Open Gym</b>	7:00-9:45am <b>Open Gym</b>	
8am - 10 am <b>PICKLEBALL</b>	9:15am - 10:45am <b>PICKLEBALL</b>	8am - 10 am <b>PICKLEBALL</b>	8:30am - 10am <b>PICKLEBALL</b>	2pm - 4:45 pm  <b>Teen Gym</b>	8:45am - 9:45 am <b>Youth Volleyball</b>	10am-12pm <b>Basketball Class</b>	
10am - 2:00pm <b>OPEN GYM</b>	11am - 4:30pm <b>Open Gym</b>	10am - 6:00pm <b>OPEN GYM</b>	10-11:30 am <b>Headstart</b>		9:45 am - 10:45am <b>Youth Volleyball</b>	12:15 - 2pm <b>Family Gym Time</b>	
2pm - 4:45pm <b>Teen Gym</b>	5:00-6:00pm <b>Youth Volleyball Class</b>	6:30 - 8:30pm <b>Youth Volleyball League</b>	11:30 am - 3:45 pm <b>Open Gym</b>	5:00-6:00 <b>Youth SOCCER Class</b>	11 am-3pm <b>Youth Karate Class</b>	2pm-7:00pm <b>Open Gym</b>	
5:00-7:00 pm <b>Youth Basketball Classes</b>	6:30pm-8:30pm <b>Fencing</b>		4pm - 6pm <b>TENNIS Class</b>	6pm-8:30pm <b>Fencing</b>	3:00-4:30pm * <b>*Family Gym Time</b>		
7:00-10:00pm <b>Big League Volleyball</b>	8:45-10:00pm <b>Pickup BASKETBALL</b>  ages 16+		6:15pm-8:30pm <b>Fencing</b>	8:45-10:00pm <b>Pickup BASKETBALL</b>  ages 16+	8:45-10:00pm <b>Pickup BASKETBALL</b>  ages 16+		4:30pm-6:00pm <b>Open Gym</b>
						Phil Donnelly VP Health & Fitness 845-643-3062 or <a href="mailto:pdonnelly@rocklandymca.org">pdonnelly@rocklandymca.org</a>	

\* - FAMILY GYM TIME - ALL Youth Members MUST be with thier Member Adult parent