



ROCKLAND COUNTY YMCA GYM SCHEDULE SPRING 2019

Special /modified schedules will apply during school holidays breaks/

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

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