



ROCKLAND COUNTY YMCA 2017 GYM SCHEDULE

**special schedule April 10-14-see other side

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-4:30 pm Open Gym	5:15am-4:30 pm Open Gym	5:15am-4:30 pm Open Gym	5:15am-4:30 pm Open Gym	5:15am-4:30 pm Open Gym	6:00-9:30 am Open Gym	7:00-9:00am Open Gym
					10am-2pm Youth Karate Class	9am- 12pm Open Gym/ Handball <small>(1/2 gym each)</small>
5:00-6:00 Intro to Basketball	5:00-6:00 Advanced Basketball	5:00-6:00 Youth Volleyball	5:00-6:00 Intro to Tennis	5:00-6:00 Intro to Soccer		12- 5pm Family Gym Time
6:00-7:00pm Intermediate Basketball	6pm-8:30pm Fencing	7:00-8:00 YMCA Open Volleyball	6pm-8:15pm Fencing	6pm-8:30pm Fencing	2:00-6:00pm Open Gym Time	5pm-7:00pm Open Gym
7:00-10:00pm Big League VOLLEYBALL <small>4/17, 4/24, 5/1, 5/8, 5/15, 5/22,6/5, 6,12</small>	8:30-10:00pm Adult Pickup BASKETBALL ages 16+	9:00-10:00pm Open Gym	8:30-10:00pm Adult Pickup BASKETBALL ages 16+	8:30-10:00pm Adult Pickup BASKETBALL ages 16+	Hector Ocasio, Fitness Director 845-643-3062 or HOcasio@rocklandymca.org	