



ROCKLAND COUNTY YMCA

DECEMBER 2017– JANUARY 2018 GYM SCHEDULE

*****see other side for special schedule Dec 25-31*****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-4pm Open Gym	5:15am-4pm Open Gym	5:15am-4pm Open Gym	5:15am-4pm Open Gym	5:15am-4pm Open Gym	6:00-9:30 am Open Gym	7:00-9:00am Open Gym
4pm – 3:00 Teen Gym	4pm – 4:45 Teen Gym	4pm – 3:00 Teen Gym	4pm – 6:00 Teen Gym	4pm – 4:45 Teen Gym	10am-2pm Youth Karate Class	9am-12pm Open Gym/ Handball <small>(1/2 gym each)</small>
3:15-4:45 Teen Sports Clinic	5:00-6:00 Youth Volleyball	3:15-4:45 Teen Sports Clinic		5:00-6:00 Intro to Soccer		12- 5pm Family Gym Time
5:00-6:00 Intro to Basketball	6:30pm-8:30pm Fencing	6:00 -10:00pm Advanced Basketball	6:15pm-8:30pm Fencing	6pm-8:30pm Fencing	2:00-6:00pm Family Gym Time	5pm-7:00pm Open Gym
6:00-7:00pm Intermediate Basketball			8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>	8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>		
7:00-10:00pm Big League VOLLEYBALL <small>11/15, 11/29, 12/5, 12/12, 12/19, 1/3, 1/10, and 1/17</small>	8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>	Open Gym (All Age)	Phil Donnelly VP Health & Fitness 845-643-3062 or pdonnelly@rocklandymca.org			



ROCKLAND COUNTY YMCA

DECEMBER 25-31

GYM SCHEDULE

Monday	Tuesday 12/26	Wed 12/27	Thurs 12/28	Friday 12/29	Sat 12/30	Sun 12/31
closed	5:15am-10:00 Open Gym	5:15am-9:15 m Open Gym	5:15am-9:15 m Open Gym	5:15am-9:15 m Open Gym	6:00- :00p Open Gym	7:00-9:00am Open Gym
		9:30-10:30 FUN CLUB	9:30-10:30 FUN CLUB	9:30-10:30 FUN CLUB		9am-12pm Open Gym/ Handball <small>(1/2 gym each)</small>
	10:30-12:30 Sports Clinic	10:30-12:30 Sports Clinic	10:30-12:30 Sports Clinic	11:00-5:30p Open Gym		12- 5pm Family Gym Time
	1:00- :00 Open Gym	1:00- :00 Open Gym	1:00- :00 Open Gym	6pm-8:30pm Fencing	2:00-6:00pm Family Gym Time	close at 5
	6:30pm-8:30pm Fencing	Fencing 6:30pm-8:30pm	6:15pm-8:30pm Fencing			
	8:45-10:00pm Pickup BASKETBALL ages 16+	8:45-10:00pm Pickup BASKETBALL	8:45-10:00pm Pickup BASKETBALL ages 16+	8:45-10:00pm Pickup BASKETBALL ages 16+	Phil Donnelly VP Health & Fitness 845-643-3062 or pdonnelly@rocklandymca.org	