



ROCKLAND COUNTY YMCA

JANUARY -APRIL 2018 GYM SCHEDULE

*special schedules will apply during school breaks/ holiday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-2pm Open Gym	5:15am-2pm Open Gym	5:15am-2pm Open Gym	5:15am-2pm Open Gym	5:15am-2pm Open Gym	6:00-9:30 am Open Gym	7:00-9:00am Open Gym
2pm – 3:00 Teen Gym	2pm – 4:45 Teen Gym	2pm – 3:00 Teen Gym	2pm – 6:00 Teen Gym	2pm – 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 Basketball	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	5:00-6:00 Youth Volleyball	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		6:00 - 8:30pm Open Gym (All Age)	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		8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>				

Phil Donnelly
VP Health & Fitness
845-643-3062 or
pdonnelly@rocklandymca.org

**Reserved
Special
Jan 24-
March 28**