



ROCKLAND COUNTY YMCA

SEPTEMBER – DECEMBER 2017 GYM SCHEDULE

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 – 4:45 Teen Gym	4pm – 4:45 Teen Gym	4pm – 4:45 Teen Gym	4pm – 4:45 Teen Gym	4pm – 4:45 Teen 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	6:30pm-8:30pm Fencing	6:00-7:00pm Open (All Age) Volleyball	6:15pm-8:30pm Fencing	6pm-8:30pm Fencing	2:00-6:00pm Family Gym Time	5pm-7:00pm Open Gym
		9:00-10:00pm Open Gym				
7:00-10:00pm Big League VOLLEYBALL <small>9/11, 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, and 11/6.</small>	8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>		8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>	8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>	Hector Ocasio, Fitness Director 845-643-3062 or HOcasio@rocklandymca.org	