



ROCKLAND COUNTY YMCA

2018 GYM SCHEDULE

Effective: April 9th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-2pm Open Gym	5:15-9:50am Open Gym	5:15am-2pm Open Gym	5:15am-9am 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	9:15am - 10:45am Open Pickleball	2pm – 4:00 pm Teen Gym	8:30am - 10am Open Pickleball	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		2pm – 4:30pm Teen Gym	4:00 - 5:00 pm OPEN GYM			10-11:30 Headstart
	5:00-6:00 Youth Volleyball	4:30-6:30pm Youth Basketball Class		11:30 am - 2:45 pm Open Gym		2:00-6:00pm Family Gym Time
6:00-7:00pm Open Gym	6:30pm-8:30pm Fencing	5:00-6:00 Youth Golf	3pm - 5pm Teen Gym	6pm-8:30pm Fencing	Phil Donnelly VP Health & Fitness 845-643-3062 or pdonnelly@rocklandymca.org	
7:00-10:00pm Big League VOLLEYBALL		8:45-10:00pm Pickup BASKETBALL ages 16+	6:00-7:00pm Open Gym			5pm - 6pm Tennis Class
	7:15-10pm Adult Basketball		6:15pm-8:30pm Fencing			
						8:45-10:00pm Pickup BASKETBALL ages 16+

Effective April 9, 2018

Updated 3/29/18 special /modified schedules will apply during school holidays breaks/ holiday



ROCKLAND COUNTY YMCA

SCHOOL BREAK GYM SCHEDULE-April 2 - 8, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-9am Open Gym	5:15-9:00am Open Gym	5:15am-9am Open Gym	5:15am-9am Open Gym	5:15am-9am Open Gym	6:00-9:30 am Open Gym	7:00-9:00am Open Gym
9:00 - 10:00 am KIDS CAMP	9:30 - 10:30 am KIDS CAMP	9:30 - 10:30 am KIDS CAMP	9:30 am -10:30am KIDS CAMP	9:30am - 10:30am KIDS CAMP	10am-2pm Youth Karate Class	9am-12pm Open Gym/ Handball <small>(1/2 gym each)</small>
10:15am - 4:45pm OPEN GYM	10:30am - 4:30 pm OPEN GYM	10:30 am - 4:45pm OPEN GYM	10:45 am - 4:45pm OPEN GYM	10:45am - 8:45pm OPEN GYM		12- 5pm Family Gym Time
5pm - 6pm Youth Volleyball	4:30pm - 6:30pm Youth Basketball	5:00pm - 6:00pm Youth Golf	5:00pm - 6:00pm Youth Tennis			2:00-6:00pm Family Gym Time
		6:15 pm - 8:30pm OPEN GYM				
7:00-10:00pm Big League VOLLEYBALL	6:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>	8:30-10pm Adult Basketball <small>ages 18 +</small>	6:15-10:00pm Pickup BASKETBALL <small>ages 16+</small>	8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>	Phil Donnelly VP Health & Fitness 845-643-3062 or pdonnelly@rocklandymca.org	