



ROCKLAND COUNTY YMCA 2018 SPRING GYM SCHEDULE .

updated 2/26/18 special /modified schedules will apply during school

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	10-1:45pm Pickleball	2pm – 4:00 pm Teen Gym	9am - 10am Pickleball Class	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		4:00 - 5:00 pm YouthSports Performance Workout	10-11:30 Headstart	5:00-6:00 Youth Sports Performance Workout		12- 5pm Family Gym Time
5:00-6:00 Youth Volleyball	2pm – 4:30pm Teen Gym	5:00-6:00 Youth Golf	11:30 am - 2:45 pm Open Pickleball	6pm-8:30pm Fencing	2:00-6:00pm Family Gym Time	5pm-7:00pm Open Gym
6:00-7:00pm Open Gym	4:30-6:30pm Youth Basketball Class		3pm - 5pm Teen Gym			
7:00-10:00pm Big League VOLLEYBALL <small>1/22 ,1/29, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26,4/8.</small>	6:30pm-8:30pm Fencing	6:00-7:00pm Youth Golf	5pm - 6pm Tennis Class	8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>	Phil Donnelly VP Health & Fitness 845-643-3062 or pdonnelly@rocklandymca.org	
		7:15-10pm Adult Basketball	6:15pm-8:30pm Fencing			8:45-10:00pm Pickup BASKETBALL <small>ages 16+</small>