



ROCKLAND COUNTY YMCA

GYM SCHEDULE for November / December 2018

Special /modified schedules will apply during school holidays and breaks/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 11:30am Open Gym	5:15-9:15am Open Gym	5:15-11:30am Open Gym	5:15-11:30am Open Gym	5:15-11:30pm Open Gym	6am-9 am Open Gym	7:00-9:00 Open Gym
11:30am-2pm Open Pickleball	9:15am-10:45am Open Pickleball		8:30-10 Open Pickleball	11:30 am -2pm Open Pickleball	8:45am-9:45 am Youth Soccer Class	9am-12pm Open Gym/ Handball <i>1/2 gym each</i>
2:00-4:45pm Teen Gym	11-4:30pm Open Gym	11:30-2pm Open Pickleball	10-11:30 Headstart	2pm - 4:45 Teen Gym	9:45-10:45am Youth Volleyball	12- 5pm Family Gym Time
5:00-7:00 Youth Basketball	5:00-6:00pm Youth Volleyball Class	2:00-5:00 pm OPEN GYM	11:30-2:45 pm Open Gym	5:00-6:00 Youth Soccer	11 am-3pm Youth Karate Class	5pm-7:00pm Open Gym
	6:30pm-8:30pm Fencing	5:00-6:00 Basketball Class	3pm - 6pm TeenGym	6pm-8:30pm Fencing	3:00-6:00pm Family Gym Time	
7:00-10:00pm Big League Volleyball 11/5, 11/19, 11/26, 12/3, 12/10, 12/17, 1/7, 1/14, and 1/28.	8:45-10:00pm Pickup Basketball ages 16+	6:00-7:00pm Open Gym	6:15pm-8:30pm Fencing	8:45-10:00pm Pickup Basketball ages 16+	Phil Donnelly VP Health & Fitness 845-643-3062 or pdonnelly@rocklandymca.org	
		7:15-10pm Adult Basketball	8:45-10:00pm Pickup Basketball ages 16+			