



ROCKLAND COUNTY YMCA 2019 WINTER GYM SCHEDULE

January 2019

Special /modified schedules will apply during school holidays breaks/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 8am Open Gym	5:15-9:15am Open Gym	5:15 - 8am Open Gym	5:15-8:30am Open Gym	5:15 am - 2pm Open Gym	6am-9 am Open Gym	7:00-9:00am Open Gym
8am - 10 am PICKLEBALL	9:15am - 10:45am PICKLEBALL	8am - 10 am PICKLEBALL	8:30am - 10am PICKLEBALL	2pm - 4pm Teen Gym	8:45am - 9:45 am Youth Soccer Class	9am-12pm Open Gym/ Handball (1/2 gym each)
10am - 2:00pm OPEN GYM	11am - 4:30pm Open Gym	10am - 6:30pm OPEN GYM	10-11:30 am Headstart		4pm - 5pm Sports Performance	9:45 am - 10:45am Youth Volleyball
2pm - 4:45pm Teen Gym	5:00-6:00pm Youth Volleyball Class	6:30 - 8:30pm Youth Volleyball League	11:30 am - 4 pm Open Gym	5:00-6:00 Youth SOCCER Class	11 am-3pm Youth Karate Class	5pm-7:00pm Open Gym
5:00-7:00 pm Youth Basketball Classes	6:30pm-8:30pm Fencing		4pm - 6pm Basketball League	6pm-8:30pm Fencing	3:00-6:00pm Family Gym Time	
7:00-10:00pm Big League Volleyball	8:45-10:00pm Pickup BASKETBALL ages 16+		6:15pm-8:30pm Fencing	8:45-10:00pm Pickup BASKETBALL ages 16+	8:45-10:00pm Pickup BASKETBALL ages 16+	
		8:30 - 10pm Adult Basketball				