



# ROCKLAND COUNTY YMCA

## September 4-16 GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-2pm Open Gym	5:15-9:15am Open Gym	5:15am-2pm Open Gym	5:15am-9am Open Gym	5:15am-2pm Open Gym	6am-11 am Open Gym	7:00-9:00a Open Gym
	9:15-10:45am Open Pickleball		8:30am - 10am Open Pickleball			9am-12pm Open Gym/ Handball (1/2 gym each)
2pm - 4:45pm Teen Gym	2pm - 4:30pm Teen Gym	2pm - 4:00 pm Teen Gym	10-11:30 Headstart	2pm - 4:45 Teen Gym	11 am-3pm Youth Karate Class	12- 5pm Family Gym Time
			11:30- 2:45 pm Open Gym			
5:00-7:00 OPEN GYM	5:00-6:00pm Open Gym	4:00 - 5:00 pm OPEN GYM	3pm - 5pm TeenGym	6pm-8:30pm Fencing	3:00-6:00pm Family Gym Time	5pm-7:00pm Open Gym
	6:30pm-8:30pm Fencing	5:00-6:00 OPEN GYM	5pm - 6pm Open Gym			
		6:00-7:00pm Open Gym	6:15pm-8:30pm Fencing			
7:00-10:00pm Big League VOLLEYBALL  9/10, 9/17, 9/24, 10/1, 10/15, 10/22, 10/29, 11/5.	8:45-10:00pm Pickup BASKETBALL  ages 16+	7:15-10pm Adult Basketball	8:45-10:00pm Pickup BASKETBALL  ages 16+	8:45-10:00pm Pickup BASKETBALL  ages 16+	Phil Donnelly VP Health & Fitness 845-643-3062 or <a href="mailto:pdonnelly@rocklandymca.org">pdonnelly@rocklandymca.org</a>	

This schedule valid September 4-16



# ROCKLAND COUNTY YMCA

## FALL GYM SCHEDULE effective September 17, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-2pm <b>Open Gym</b>	5:15-9:15am <b>Open Gym</b>	5:15am-2pm <b>Open Gym</b>	5:15am-9am <b>Open Gym</b>	5:15am-2pm <b>Open Gym</b>	6-9 am <b>Open Gym</b>	7:00-9:00am <b>Open Gym</b>
2-4:45pm <b>Teen Gym</b>	9:15 - 10:45am <b>Open Pickleball</b>	2pm - 4:00 pm <b>Teen Gym</b>	8:30-10am <b>Open Pickleball</b>	2pm - 4:45 <b>Teen Gym</b>	9am - 10 am <b>Youth Soccer</b>	9am-12pm <b>Open Gym/ Handball</b> (1/2 gym each)
	2pm - 4:30pm <b>Teen Gym</b>	4:00 - 5:00 pm <b>OPEN GYM</b>	10-11:30 <b>Headstart</b>	5:00-6:00 <b>Youth SOCCER Class</b>	10 am - 10:45am <b>Youth Sports GAGA &amp; Gym Games</b>	
5:00-7:00 <b>Youth Basketball Classes</b>	5:00-6:00pm <b>Youth Volleyball Class</b>		5:00-6:00 <b>OPEN GYM</b>		11:30- 2:45 pm <b>Open Gym</b>	6pm-8:30pm <b>Fencing</b>
	6:30pm-8:30pm <b>Fencing</b>	6:00-7:00pm <b>Open Gym</b>	3pm - 5pm <b>TeenGym</b>	8:45-10:00pm <b>Pickup BASKETBALL</b> ages 16+	3:00-6:00pm <b>Family Gym Time</b>	
7:00-10:00pm <b>Big League VOLLEYBALL</b>  9/10, 9/17, 9/24, 10/1, 10/15, 10/22, 10/29, 11/5.	8:45-10:00pm <b>Pickup BASKETBALL</b> ages 16+	7:15-10pm <b>Adult Basketball</b>	6:15pm-8:30pm <b>Fencing</b>		8:45-10:00pm <b>Pickup BASKETBALL</b> ages 16+	<b>Phil Donnelly</b> VP Health & Fitness  845-643-3062 or <a href="mailto:pdonnelly@rocklandymca.org">pdonnelly@rocklandymca.org</a>

Special /modified schedules will apply during school breaks and holiday