



SOUTH ORANGE FAMILY YMCA

# GYM SCHEDULE

Sep. 11 - Nov. 12, 2017 (Updated 9/27/17)

SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Ext.

Monroe, NY 10950

845.782.9622

www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-10:00 Open GYM	5:00-10:15 Open GYM	5:00-9:30 Open GYM	5:00-9:30 Open GYM	5:00-9:00 Open GYM	7:00-9:45 Adult Basketball	8:00-8:45 Adult Basketball
10:00-1:15 Adult Basketball	10:15-10:45 Child Watch	9:30-10:00 Inspire	9:30-10:00 Inspire	9:30-10:00 <b>Y Recess</b>	10:00-10:45 <b>Rising Stars Basketball 3-5 \$</b>	9:00-9:45 <b>Tennis \$ 6-11 y/o</b>
1:30-2:45 Senior Basketball	11:00-3:00 Adult Basketball	10:00-10:30 Child Watch	10:00-10:45 Child Watch	10:30-11:00 <b>Sprout Sports \$ 2-3 y/o</b>	10:45-12:30 Youth Center	9:45 -10:45 Youth Center
3:00-4:30 Teen Basketball	3:00-4:45 Teen Basketball	10:30-12:00 Adult Basketball	10:45-11:15 Family Gym	11:15-12:00 <b>Indoor Soccer \$ 3-5 y/o</b>	12:30-1:15 <b>Y Recess 6-9 y/o</b>	11:00-11:45 <b>Gymnastics \$ 3-4 y/o</b>
4:30 -5:00 Family Gym	5:15-6:00 <b>Floor Hockey \$ Beg. 6-10 y/o</b>	12:00 - 1:30 <b>Pickle Ball</b>	11:15-3:30 Adult Basketball	12:00-2:00 Adult Basketball	1:30-2:15 <b>Indoor Soccer \$ 6-10 y/o</b>	12:00-12:45 <b>Gymnastics \$ 5-8 y/o</b>
5:15-6:00 <b>Rising Stars Basketball \$ 6-8 y/o</b>	6:00-7:30 Youth Center	1:30-2:00 AHRC Program	3:30-4:30 Teen Basketball	2:00-3:30 <b>Pickle Ball</b>	2:15-4:00 Teen Basketball	1:00-1:45 <b>Gymnastics \$ 9-12 y/o</b>
6:00-7:00 Youth Center	7:30-8:00 Family GYM	2:00-3:30 Adult GYM 18+	4:30-5:00 Family GYM	3:30-4:30 Teen Basketball	4:30-6:30 <b>Birthday Parties</b>	1:45-2:30 <b>Golf \$ 6-12 y/o</b>
7:15-8:00 <b>Rising Stars Basketball \$ 9-12 y/o</b>	8:00-9:45 Adult Soccer 18+	3:30-4:30 Teen Basketball	5:00-5:45 <b>Gymnastics \$ 7-12 y/o</b>	4:30-5:00 Family GYM		2:30-3:30 Teen Basketball
8:00-10:00 <b>Adult Basketball League \$</b>		4:30-5:00 Family GYM	5:45-7:45 Youth Center	5:00-7:00 Youth Center		3:30-6:00 <b>Birthday Parties</b>
		5:00-5:45 Youth Center	8:00-10:00 <b>Adult Basketball League \$</b>	7:00-8:00 Family Gym/ Kids Night Out*		
		5:45-6:15pm Child Watch		8:00-9:45 Teen Basketball		
		6:15-7:45 Youth Center				
		8:00-9:45 Adult Volleyball				

## GYM SCHEDULE KEY

**FAMILY GYM**-Parents and Children who are family members

**TEEN GYM**- Members who are ages 13-17 yrs old

**YOUTH CENTER**- Children in the youth center get gym time with staff.

**TEEN BASKETBALL**- Members who are ages 13-17

**ADULT VOLLEYBALL**-Members who are ages 18+

**Open GYM** is for open to all members and ages

**ADULT BASKETBALL** -Members who are 18+

***\*The First Two Friday's of Every Month is KIDS NIGHT OUT***

**Schedule is Subject To Change**