



SOUTH ORANGE FAMILY YMCA
GYM SCHEDULE
Apr. 16 - June 17, 2018

SOUTH ORANGE FAMILY YMCA
 45 Gilbert Street Ext.
 Monroe, NY 10950
 845.782.9622
 www.middletonymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-10:00 Open GYM	5:00-9:30 Open GYM	5:00-9:30 Open GYM	5:00-9:30 Open GYM	5:00-9:00 Open GYM	7:00-9:00 Adult Basketball	8:00-8:45 Adult Basketball
10:00-1:15 Adult Basketball	9:30-10:15 Child Watch	9:30-10:00 Inspire	9:30-10:00 Inspire	9:00-10:15 Pickle Ball	9:00-9:45 Indoor Soccer \$ 3-5 y/o	9:00-9:45 T-Ball \$ 3-5 y/o
1:30-2:45 Open Gym	10:30-12:30 Adult Basketball	10:00-10:30 Child Watch	10:00-10:30 Child Watch	10:30-11:00 Little Friends Playtime \$ Ages 4 & Under	10:00-10:30 Child Watch	9:45 -10:45 Youth Center
3:00-4:30 Teen Basketball	12:45-2:45 Open GYM	10:30-12:00 Adult Basketball	10:30-12:30 Adult Basketball	11:00-1:45 Adult Basketball	10:30-11:15 Multi-Sports \$ 5-6 y/o	11:00-11:45 Gymnastics \$ 3-4 y/o
4:30 -5:00 Family Gym	3:00-5:00 Teen Basketball	12:00 - 1:30 Pickle Ball	1:00-2:00 AHRC	2:00-3:30 Pickle Ball	11:30-12:15 Kids Fit 7-12 y/o	12:00-12:45 Gymnastics \$ 5-8 y/o
5:15-6:00 Basketball Training \$ 6-8 y/o	5:00-5:30 Family Gym	1:30-2:00 Inspire	2:00-4:30 Teen Basketball	3:30-4:30 Teen Basketball	12:15 -1:00 Youth Center	1:00-1:45 Gymnastics \$ 9-12 y/o
6:00-7:00 Youth Center	5:30-6:00 Child Watch	2:00-3:30 Adult GYM 18+	4:30-5:00 Family GYM	4:30-5:00 Family GYM	1:15-2:00 Golf Beg. \$ 6-12 y/o	2:00-3:45 Pickle Ball
7:15-8:00 Basketball Training \$ 9-11 y/o	6:00-7:00 Youth Center	3:30-4:45 Teen Basketball	5:00-5:45 Gymnastics \$ 7-12 y/o	5:00-7:00 Youth Center	2:15-3:00 Golf Adv. \$ 6-12 y/o	4:00-6:00 Birthday Parties
8:00-10:00 Adult Basketball	7:00-7:45 Girls Basketball \$ 9-12 y/o	5:00-6:30 Volleyball Training \$ 12-15 y/o	5:45-7:45 Youth Center	7:00-8:00 Family Gym/ Kids Night Out*	3:15-4:15 Teen Basketball	
	8:00-9:45 Adult Soccer 18+	6:30-7:45 Youth Center	8:00-10:00 Adult Basketball	8:00-9:45 Teen Basketball	4:30-6:30 Birthday Parties	
		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