



# SOUTH ORANGE FAMILY YMCA GYM SCHEDULE (Program Break)

Jan 30, 2017 - Feb. 5, 2017

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	5:00-9:30 Open GYM	5:00-9:30 Open GYM	5:00-9:30 Open GYM	5:00-9:00 Open GYM	7:00-8:00 Open Gym	8:00-8:45 Family Gym
10:00-1:15 Adult Basketball	9:30-10:00 Open GYM	9:30-10:00 Inspire	9:30-10:00 Inspire	9:30-10:00 Open GYM	8:00-8:45 Family Gym	9:00-9:45 Open GYM
1:30-2:45 Senior Basketball	10:15-10:45 Open GYM	10:00-10:30 Child Watch	10:00-10:45 Open GYM	10:15-10:45 Open GYM	9:00-1:00 Youth Center	9:45 -1:00 Youth Center
2:45-4:30 Open GYM	11:00-2:00 Adult Basketball	10:45-11:15 Open GYM	10:45-11:15 Child Watch	11:00-11:45 Open GYM	1:00-1:45 Open GYM	1:00-2:30 Open GYM
4:30 -5:00 Family Gym	2:00-3:00 Adult Basketball	11:30-1:00 <b>Pickle Ball</b>	11:30-2:00 Open GYM	12:00-2:00 Adult Basketball	2:00-2:45 Open GYM	2:30-4:00 Teen Basketball
5:15-6:00 Open GYM	3:00-4:45 Teen Basketball	1:00-2:00 AHRC Program	2:00-3:30 Adult Basketball	2:00-3:30 <b>Pickle Ball</b>	2:45-4:00 Teen Basketball	4:00-6:00 <b>Birthday Parties</b>
6:00-7:00 Youth Center	5:00-5:45 Youth Center	2:00-3:30 Adult GYM 18+	3:30-4:30 Teen Basketball	3:30-4:30 Teen Basketball	4:30-6:30 <b>Birthday Parties</b>	
7:00-7:45 Youth Center	6:00-7:30 Youth Center	3:30-4:30 Teen Basketball	4:30-5:00 Family GYM	4:30-5:00 Family GYM		
8:00-9:45 Open GYM	7:30-8:00 Family GYM	4:30-5:00 Family GYM	5:00-5:45 Youth Center	5:00-7:00 Youth Center		
	8:00-9:45 Adult Soccer 18+	5:00-5:45 Youth Center	5:45-7:00 Youth Center	7:00-8:00 Family Gym/ Kids Night Out*		
		5:45-6:15pm Child Watch	7:00-8:30 Youth Center	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**