



**SOUTH ORANGE FAMILY YMCA**  
**WINTER I GYM SCHEDULE**  
**Nov. 19 - Jan. 27, 2019**

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	7:00-8:15 Adult Basketball	8:00-8:45 Adult Basketball
10:00-10:30 Child Watch	10:15-10:45 Child Watch	9:30-10:00 Inspire	9:30-10:00 Inspire	9:00-10:15 <b>Pickleball</b>	8:30-9:15 <b>Youth Soccer \$ 3-5 y/o</b>	9:00 -10:45 Youth Center
10:30-11:30 Open Gym	11:00-3:00 Adult Basketball	10:00-10:30 Child Watch	10:00-10:45 Child Watch	10:30-11:15 <b>Little Friends Playtime 4 y/o &amp; Under</b>	9:30-10:15 <b>T-Ball \$ 3-5 y/o</b>	11:00-11:30 <b>Gymnastics \$ 3-4 y/o</b>
11:30-1:00 <b>Pickleball</b>	3:00-4:45 Teen Basketball	10:30-12:00 Adult Basketball	10:45-1:00 Adult Gym	11:30-2:00 Adult Basketball	10:30 -11:15 <b>Multi-Sports \$ 3-5 y/o</b>	11:45-12:45 <b>Gymnastics \$ 5-8 y/o</b>
1:30-2:45 Open Gym	5:00-6:00 <b>Basketball \$ Inter. 8-10 y/o</b>	12:00 - 1:30 <b>Pickleball</b>	1:00-2:00 ARC	2:00-3:30 <b>Pickleball</b>	11:30-12:30 <b>Kids Fit 7-12 y/o</b>	1:00-2:30 <b>Gymnastics \$ 9-12 y/o</b>
3:00-4:30 Teen Basketball	7:00-8:00 <b>Basketball Adv. \$ 11-12 y/o</b>	1:30-2:00 Inspire	2:00-3:15 Adult Gym	3:30-4:30 Teen Gym	12:30-1:00 Youth Center	2:30-3:45 Teen Gym
4:30 -5:00 Family Gym	8:00-9:45 Adult Soccer 18+	2:00-3:30 Adult GYM 18+	3:30-4:45 Teen Gym	4:30-5:30 Pre-Teen Gym	1:30-2:30 Pre Teen Gym	3:45-6:00 <b>Birthday Parties</b>
5:00-6:00 <b>Basketball Beg. \$ 6-8 y/o</b>		3:30-4:30 Teen Basketball	5:00-5:45 <b>Gymnastics \$ 7-12 y/o</b>	5:30-7:00 Youth Center	2:30-4:00 Teen Basketball	
6:00-7:00 Youth Center		4:30-5:00 Family GYM	6:00-7:00 Youth Center	7:00-8:00 Family Gym/ Kids Night Out*	4:30-6:30 <b>Birthday Parties</b>	
7:00-8:00 <b>Basketball \$ 9-12 y/o</b>		5:00-6:30 <b>Volleyball Training \$ 10-14 y/o</b>	7:00-8:00 <b>Youth Soccer \$ 6-9 y/o</b>	8:00-9:45 Teen Basketball		
8:00-9:45 Adult Basketball		6:30-8:00 Youth Center	8:00-10:00 Adult Basketball			
		8:00-10:00 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**