



SOUTH ORANGE FAMILY YMCA
GYM SCHEDULE
Feb. 5 - Apr. 8, 2018

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	7:00-9:00 Adult Basketball	8:00-8:45 Adult Basketball
10:00-1:15 Adult Basketball	9:30-10:15 Multi-Sports \$ 3-5 y/o	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	10:15-10:45 Child Watch	10:00-10:30 Child Watch	10:00-10:45 ARC	10:30-11:00 Little Friends Playtime \$ 4 y/o & under	10:00-10:30 Child Watch	9:45 -10:45 Youth Center
3:00-4:30 Teen Basketball	11:00-3:00 Adult Basketball	10:30-12:00 Adult Basketball	10:45-11:15 Family Gym	11:15-1:45 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	11:15-3:30 Adult Basketball	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	3:30-4:30 Teen Basketball	3:30-4:30 Teen Basketball	12:15 -1:15 Youth Center	1:00-1:45 Gymnastics \$ 9-12 y/o
6:00-7:00 Youth Center	5:30-7:00 Youth Center	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	2:00-3:30 Teen Basketball
7:15-8:00 Basketball Training \$ 9-11 y/o	7:00-7:45 Pitching Instruction \$ 9-12 y/o	3:30-4:30 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	3:30-6:00 Birthday Parties
8:00-10:00 Adult Basketball	8:00-9:45 Adult Soccer 18+	4:30-5:00 Family GYM	5:45-7:00 Youth Center	7:00-8:00 Family Gym/ Kids Night Out*	3:15-4:15 Teen Basketball	
		5:00-6:00 Volleyball Training \$ 12-15 y/o	7:00-8:00 Floor Hockey \$ 7-12 y/o	8:00-9:45 Teen Basketball	4:30-6:30 Birthday Parties	
		6:00-6:30pm Child Watch	8:00-10:00 Adult Basketball			
		6:30-7:45 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