



SOUTH ORANGE FAMILY YMCA
SPRING GYM SCHEDULE
Apr. 15 - June 16, 2019

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	5:00-10:15 Open GYM	5:00-9:30 Open GYM	5:00-9:30 Open GYM	5:00-10:30 Open GYM	7:00-8:15 Adult Basketball	8:00-8:30 Adult Basketball
10:00-10:30 Child Watch	10:15-10:45 Child Watch	9:30-10:00 Inspire	9:30-10:00 Inspire	10:30-11:15 Child Watch	8:30-9:15 Youth Soccer \$ 3-5 y/o	8:30 -9:15 Youth Soccer \$ 6-9 y/o
10:30-12:30 Open Gym	11:00-3:00 Adult Basketball	10:00-10:30 Child Watch	10:00-10:30 Child Watch	11:30-2:00 Adult Basketball	9:30-10:15 T-Ball \$ 3-5 y/o	9:15-11:00 Youth Center
12:30-2:00 Pickleball	3:00-4:45 Teen Basketball	10:30-12:30 Adult Basketball	10:45-1:00 Adult Gym	2:00-3:30 Pickleball	10:30 -11:15 Multi-Sports \$ 3-5 y/o	11:00-11:30 Gymnastics \$ 3-4 y/o
2:00-2:30 Open Gym	5:00-6:00 Cheer/Tumble \$ Beg. 8-10 y/o	12:30 - 2:00 Pickleball	1:00-2:00 ARC	3:30-4:30 Teen Gym	11:30-12:30 Kids Fit 7-12 y/o	11:45-12:45 Gymnastics \$ 5-8 y/o
2:30-4:30 Teen Basketball	7:00-8:00 Cheer/Tumble \$ Int. 8-10 y/o	2:00-3:30 Adult GYM 18+	2:00-2:30 Open Gym	4:30-5:30 Pre-Teen Gym	12:45-1:30 Golf \$	1:00-2:30 Gymnastics \$ 9-12 y/o
4:30 -5:00 Family Gym	8:00-9:45 Adult Soccer 18+	3:30-4:30 Teen Basketball	2:30-4:45 Teen Gym	5:30-7:00 Youth Center	1:30-2:30 Pre Teen Gym	2:30-3:30 Teen Gym
5:00-6:00 Basketball Beg. \$ 6-8 y/o		4:30-5:00 Family GYM	5:00-5:45 Gymnastics \$ 7-12 y/o	7:00-8:00 Family Gym/ Kids Night Out*	2:30-4:00 Teen Basketball	3:30-5:00 Volleyball Training \$ 10-14 y/o
6:00-7:00 Youth Center		5:00-6:30 Volleyball Training \$ 10-14 y/o	6:00-7:00 Youth Center	8:00-9:45 Teen Basketball	4:30-6:30 Birthday Parties	5:30-7:30 Birthday Parties
7:00-8:00 Basketball \$ 9-12 y/o		6:30-8:00 Youth Center	7:00-8:00 Youth Soccer \$ 6-9 y/o			
8:00-9:45 Adult Basketball		8:00-9:45 Adult Volleyball	8:00-9:45 Adult Basketball			

GYM SCHEDULE KEY

FAMILY GYM—Parents and Children who are family members
PRE-TEEN GYM - For members age 8-12 years old
TEEN GYM— Members who are ages 13-17 years 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