



SOUTH ORANGE FAMILY YMCA
SUMMER GYM SCHEDULE
July 1 - Aug 18, 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
5:00-8:45 Open GYM	5:00-8:45 Open GYM	5:00-8:45 Open GYM	5:00-8:45 Open GYM	5:00-8:45 Open GYM	7:00-8:15 Adult Basketball	8:00-8:45 Adult Basketball
9:00-10:00 Preschool Camp	9:00-10:00 Preschool Camp	9:00-10:00 Preschool Camp	9:00-10:00 Preschool Camp	9:00-10:00 Preschool Camp	8:30-9:15 Soccer \$ 3-5 y/o	9:00 -10:45 Youth Center
10:00-10:30 Child Watch	10:00-11:00 Preschool Camp	10:00-10:30 Child Watch	10:00-10:30 Child Watch	10:00-10:30 Child Watch	9:30-10:15 T-Ball \$ 3-5 y/o	11:00-11:45 Gymnastics \$ 3-4 y/o
10:30-12:00 Youth Center	11:00-12:00 Youth Center	10:30-12:00 Youth Center	10:30-12:00 Youth Center	10:30-12:00 Youth Center	10:30-11:15 Multi-Sports \$ 5-6 y/o	12:00-12:45 Gymnastics \$ 5-8 y/o
12:00-1:30 Pickle Ball	12:00-3:00 Open Gym	12:00 - 1:30 Pickle Ball	12:00-3:00 Teen Basketball	12:00-1:30 *Pickle Ball	11:30-12:15 Kids Fit 7-12 y/o	1:00-1:45 Gymnastics \$ 9-12 y/o
1:30-3:00 Teen Gym	3:00-4:00 Preschool Camp	1:30-3:00 Teen Gym	3:00-4:00 Preschool Camp	1:30-3:00 Open Gym	12:30-1:00 Youth Center	1:45-2:30 Family Gym
3:00-4:00 Preschool Camp	4:00-5:00 Family Gym	3:00-4:00 Preschool Camp	4:00-5:00 Family Gym	3:00-4:00 Preschool Camp	1:00-2:15 Family Gym	2:30-3:30 Teen Basketball
4:00-5:00 Family Gym	5:00-6:00 Cheer/Tumble \$ Beg. 8-13 y/o	4:00-5:00 Family Gym	5:00-5:45 Gymnastics \$ 7-12 y/o	4:00-5:00 Family Gym	2:15-4:00 Teen Basketball	3:30-6:00 Birthday Parties
5:00-6:00 Basketball \$ 6-8 y/o	6:00-7:00 Youth Center	5:15-6:30 Volleyball \$ 10-14 y/o	6:00-7:45 Youth Center	5:00-7:00 Youth Center	4:30-6:30 Birthday Parties	
6:00-7:00 Youth Center	7:00-8:00 Cheer/Tumble \$ Int. 8-13 y/o	6:30-7:45 Youth Center	8:00-9:45 Adult Basketball	7:00-9:45 Teen Basketball		
7:00-8:00 Basketball \$ 9-12 y/o	8:00-9:45 Adult Volleyball 18+	8:00-9:45 Adult Volleyball				
8:00-9:45 Adult Basketball						

***Schedule is subject to change.**

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+

***In the event of inclement weather, the preschool camp may replace any scheduled activity, except for paid programs. Please download the mobile app for notifications or call ahead before coming in.**

*** There will be no Pickleball on the following Fridays due to our Preschool Camp Showcases:
 7/26, 8/9, 8/23
 Have a great summer!**