



**SOUTH ORANGE FAMILY YMCA  
TURF SCHEDULE  
April 17th-June 25th 2023**

SOUTH ORANGE FAMILY YMCA  
45 Gilbert Street Ext.  
Monroe, NY 10950  
(P) 845 782 9622  
www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-7:00pm Reserved for Training	5:00am-5:30pm Reserved for Training	5:00am-5:00pm Reserved for Training	5:00am-4:30pm Reserved for Training  4:30-6:00 Golf \$	5:00-8:30 Reserved for Training	7:00-8:30 Reserved for Training	8:00-10:00 Reserved for Training
				9:00-4:30 Reserved for Training	8:30-9:15 UTZ \$ Ages: 13+ Tom	
					9:45-10:30 Open for Training	
					10:45-11:30 Soccer \$ Ages: 6-12	10:00-10:45 UTZ \$ Ages: 13+ Dakota
					11:45-2:45 Reserved for Training	11:00 - 12:00 Reserved for Training
				4:30-5:30 Swim & Gym \$ Ages: 7-12		12:00 - 1:30 Family Time
	5:45-6:30 Kids Mix \$ Ages: 6-8	5:15-6:00 Kids Mix \$ Ages: 9-12	6:00-6:45 UTZ \$ Ages: 13+ Dakota	5:00-6:00 Family Time		
5:00-7:00 Family Time	6:45-7:30 Reserved for Training	6:15-7:00 Reserved for Training	6:45-7:30 Reserved for Training	KNO Once per month		
7:00-7:45 UTZ \$ Ages: 13+ Lauren	7:45-8:30 UTZ \$ Ages: 13+ Dakota	7:15-8:00 UTZ \$ Ages: 13+ Tom	7:15-8:45 Reserved for Training			
<b><u>GYM SCHEDULE KEY</u></b>						
<p><b>UTZ:</b> Adults, 13+, may come and participate in a cross-fit type class, utilizing equipment such as kettlebells, slam balls, large tires, sledgehammers and more! Every time you enter "The Zone" you'll be challenged physical and mentally by our certified trainers. Get ready to be pushed outside your comfort zone so you can crush your personal fitness goals. A fee of \$20 per class or monthly fee of \$75, \$37pp monthly Family Rate for unlimited classes is required for participation. Register at the front desk. <b>No Programs During Break Week</b></p>						
<p><b>Family Time:</b> This area may be used by families to play games like soccer and other games/activities. An assortment of equipment will be available for use. All children must be accompanied by a parent or guardian.</p>						
<p><b>Reserved:</b> This area is reserved for personal trainers to use with their clients.</p>						
<p><b>\$</b> Notes a program fee is required for participation.</p>						
<p><b>Schedule is Subject To Change.</b></p>						