



SOUTH ORANGE FAMILY YMCA BIG GYM SCHEDULE Sept. 11 - Nov. 12, 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
5:00-9:00 Adult Basketball Age 18+	5:00-9:00 Adult Basketball Age 18+	5:00-9:00 Adult Basketball Age 18+	5:00-9:00 Adult Basketball Age 18+	5:00-9:00 Adult Basketball Age 18+	7:00-12:00 Adult Basketball Age 18+	8:00-10:00 Adult Basketball Age 18+
9:00-12:00 Adv. Pickleball Age 18+	9:00-12:00 Adv. Pickleball Age 18+	9:00-12:00 Adv. Pickleball Age 18+	9:00-12:00 Adv. Pickleball Age 18+	9:00-12:00 Adv. Pickleball Age 18+	12:00-1:00 Family Basketball	10:00-3:00 Volleyball
12:00-3:00 Pickleball All Levels Age 18+	12:00-3:00 Pickleball All Levels Age 18+	12:00-3:00 Pickleball All Levels Age 18+	12:00-3:00 Pickleball All Levels Age 18+	12:00-3:00 Pickleball All Levels Age 18+	1:00-4:00 Teen Basketball Age 13-17	
3:00-5:00 Teen Basketball Age 13-17	3:00-6:00 Teen Basketball Age 13-17	3:00-6:00 Teen Basketball Age 13-17	3:00-6:00 Teen Basketball Age 13-17	3:00-4:00 Family Basketball		
5:15-7:00 \$ Youth Basketball League Age 6-12	6:00-8:30 Adult Basketball Age 18+	6:15-8:15 \$ Beg. & Modified Volleyball Age 10-14	6:00-8:30 Adult Basketball Age 18+	4:00-7:00 Teen Basketball Age 13-17		
7:00-8:30 \$ A Set Above Volleyball		8:15-9:00 Adult Volleyball Age 18+				

GYM SCHEDULE KEY

Adult Basketball: Adults, age 18+, may come and participate in organized gameplay.

Family Basketball: Parents may come with their children to shoot baskets.

Teen Basketball: Teens, ages 13-17 may come to shoot baskets, play a pick-up game, etc. In slots that include Family Gym, must give half-court to any family wishing to play.

Adult Volleyball: Adults, age 18+ welcome, free play!

Pickleball: Adults, 18+, may come to participate in organized gameplay. No sign-up required. Advanced (Adv.) Pickleball is for experienced players. All Level play is for everyone.

Activities in this key are included with membership unless noted with a \$.

Activities noted with a \$ require registration.

There are No Programs during Break Week.

***The second Friday of every month is KIDS NIGHT OUT (Oct. - June).**

Schedule is subject to change.

