



SOUTH ORANGE FAMILY YMCA LITTLE 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
5:00-9:30 Family Gym	5:00-9:30 Family Gym	5:00-9:00 Family Gym	5:00-9:00 Family Gym	5:00-9:30 Family Gym	8:15-9:00 Open Court	8:00-8:45 Gymnastics Set up
9:30-10:00 Inspire	9:30-10:00 Inspire	9:00-10:00 Open Gym	9:00-10:00 Open Gym	9:30-10:00 Inspire	9:00-9:30 Multi-Sports \$ Age 3-5	9:00-9:30 Gymnastics \$ Age 3-5
10:00-12:00 Open Gym	10:00-12:00 Open Gym	10:00-12:00 Open Gym	10:00-12:00 Open Gym	10:00-12:00 Open Gym	9:30-10:00 T-Ball \$ Age 3-5	9:45-10:30 Gymnastics \$ Intermediate Age 6-12
12:00-3:00 Family Basketball	12:00-3:00 Family Basketball	12:00-3:00 Family Basketball	12:00-3:00 Family Basketball	12:00-3:00 Family Basketball	10:45-11:30 Multi-Sports \$ Age 6-12	10:45-12:45 Gymnastics \$ Advanced Age 6-12
3:00-5:00 Open Gym	3:00-4:50 Open Gym	3:00-4:00 Open Gym	3:00-4:00 Open Gym	3:00-4:00 Open Gym	11:45-12:30 Tennis \$ Ages 6-12	1:00-3:00 Gymnastics \$ Int/Adv Age 6-12
5:00-6:45 Youth Center	5:00-6:00 Youth Center	4:00-8:00 Gymnastics \$ Private Lessons	4:00-8:00 Gymnastics \$ Private Lessons	4:00-7:00 Open Gym	12:30-3:00 Open Gym	
7:00-9:00 Adult Basketball Age 18+	6:15-8:15 Pickleball All Levels Age 18+					

GYM SCHEDULE KEY

- Adult Pickleball:** Adults, 18+, may come to participate in organized gameplay.
- Adult Basketball:** Adults, 18+, may come and participate in organized gameplay.
- Family Basketball:** Members may come to shoot baskets with family. When more than one group wants to play, then each group must use half-court only.
- Family Gym:** Parents may come with their children to shoot baskets, play soccer, etc.
- Open Gym:** Can use full court. Ask to set up soccer nets if you wish to play soccer.
- Youth Center:** Children from the Youth Center have use of the gym for organized play with Youth Center Staff.

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.

Schedule is subject to change.