



**SOUTH ORANGE FAMILY YMCA  
BIG GYM SCHEDULE  
Nov. 13, 2023 - Feb. 4, 2024**

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+	7:00-9:00 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+	9:00-12:00 Open Gym	10:00-2:30 Adult Volleyball 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+	12:00-3:00 Pickleball All Levels Age 18+	12:00-1:00 Family Basketball	
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	1:00-3:30 Teen Basketball Age 13-17	
5:15-7:00 \$ Youth Basketball Programs Age 10-12	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+	4:00-5:15 Teen Basketball Age 13-17		
7:00-8:30 Open Gym		8:15-9:00 Adult Volleyball Age 18+		5:15-7:00 \$ Youth Basketball Programs Age 6-9		

**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.**

