



WINTER GYMNASIUM SCHEDULES

Feb. 5 – Apr. 21, 2024

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

- PRE-REGISTRATION REQUIRED:** Visit our website, mobile app or the Welcome Center to register.
- WALK-IN TIMES:** No reservations or registration required.

BIG GYMNASIUM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Basketball 5:00am-9:00am	Adult Basketball 5:00am-9:00am	Adult Basketball 5:00am-9:45am	Adult Basketball 5:00am-9:45am	Adult Basketball 5:00am-9:45am	Adult Basketball 7:00am-9:00am	Adult Basketball 8:00am-9:00am
Adv. Pickleball 9:00-12:00	Adv. Pickleball 9:00-12:00	Adv. Pickleball 9:00-12:00	Adv. Pickleball 9:00-12:00	Adv. Pickleball 9:00-12:00	Open Gym 9:00-12:00	Open Gym 9:00-11:00
Pickleball All Levels 12:00-3:00	Pickleball All Levels 12:00-3:00	Pickleball All Levels 12:00-3:00	Pickleball All Levels 12:00-3:00	Pickleball All Levels 12:00-3:00	Family Basketball 12:00-1:00	Teen Basketball 11:00-2:00
Teen Basketball 3:00-5:00	Teen Basketball 3:00-6:00	Teen Basketball 3:00-6:45	Teen Basketball 3:00-6:00	Family Basketball 3:00-4:00	Teen Basketball 1:00-3:00	
Basketball Training (10-12) 5:15-7:00	Adult Basketball 6:00-9:00	Adult Volleyball 7:00-9:30	Adult Basketball 6:00-9:00	Teen Basketball 4:00-5:00		
Open Gym 7:00-9:00	Adult Basketball Age 25+ 9:00-10:00		Adult Basketball Age 25+ 9:00-10:00	Basketball Training (6-9) 5:15-7:00		
Adult Basketball Age 25+ 9:00-10:00						

LITTLE GYMNASIUM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family Gym 5:00am-9:00am	Family Gym 5:00am-9:00am	Family Gym 5:00am-9:00am	Family Gym 5:00am-9:00am	Family Gym 5:00am-9:00am	Open Gym 7:00am-9:00am	Gymnastics Set-Up 8:00am-9:00am
Open Gym/Youth Center 9:00-12:00	Open Gym/Youth Center 9:00-12:00	Open Gym/Youth Center 9:00-12:00	Open Gym/Youth Center 9:00-12:00	Open Gym/Youth Center 9:00-12:00	Multi-Sports (3-5) 9:00-9:30	Gymnastics (3-5) 9:00-9:30
*Learn Pickleball 12:00-2:00	Family Basketball 12:00-3:00	Family Basketball 12:00-3:00	Family Basketball 12:00-3:00	*Learn Pickleball 12:00-2:00	T-Ball (3-5) 9:30-10:00	Gymnastics Int. (6-12) 9:45-10:30
Open Gym 2:00-5:00	Open Gym 3:00-4:50	Open Gym 3:00-4:00	Open Gym 3:00-4:00	Open Gym 2:00-4:00	Flag Football (6-12) 10:00-10:45	Gymnastics Adv. (6-12) 10:45-12:45
Youth Center 5:00-7:00	Youth Center 5:00-6:00	Private Gymnastics 4:00-9:30	Private Gymnastics 4:00-9:30	Teen Basketball 4:00-7:00	Multi-Sports (6-12) 10:45-11:30	Gymnastics Adv. (6-12) 1:00-3:00
Adult Basketball 7:00-9:30	Pickleball 6:15-9:30				Tennis (6-12) 11:45-12:30	
					Open Gym 12:30-3:30	

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 Gym:** Open to members age 12 and under with a YMCA Family Membership. Children ages 12 & under must be accompanied by an adult.
- Learn Pickleball:** Members may come and learn to play with instruction from an experienced player. This is a free member benefit. **Subject to change for Vacation Camp to accommodate children's activities.*
- 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.

There are No Programs during Break Week unless your instructor has scheduled a make-up class.

During scheduled MW School days off, Youth Center will have access to the gymnasium from 9am-12pm on those days.

Schedule is subject to change at any time during the session.