



SPRING GYMNASIUM SCHEDULES

April 22 - June 30, 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-9:00am | Adult Basketball 5:00am-9:00am | Adult Basketball 5:00am-9:00am | 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 | Swim & Gym 4:30-5:00 | | |
| 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) 5:00-6:45 | | |
| 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 Beg. 1 (3-5) 8:00-8:30 |
| 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 Beg. 1 (3-5) 8:30-9:00 |
| *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) 9:45-10:15 | Gymnastics Beg. 2 (3-5) 9:00-9:30 |
| 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 | Youth Center 10:15-12:00 | Gymnastics Int. (6-12) 9:45-10:30 |
| Youth Center 5:00-7:00 | Youth Center 5:00-6:00 | Gymnastics 4:00-9:30 | Gymnastics 4:00-9:30 | Teen Basketball 4:00-7:00 | Tennis (6-12) 12:30-1:15 | Gymnastics Adv. (6-12) 10:45-12:45 |
| Adult Basketball 7:00-9:30 | Pickleball 6:15-9:30 | | | | Open Gym 12:30-3:30 | Gymnastics Adv. (6-12) 1:00-3:00 |
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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.