



GYMNASIUM SCHEDULES

SOUTH ORANGE FAMILY YMCA

Effective: 11/18/24-2/02/25

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	Youth Volleyball 5:00-7:00	Teen Basketball 3:00-6:00	Family Basketball 3:00-4:00	Teen Basketball 1:00-3:00	
Basketball Training (10-12) 5:00-7:00	Adult Basketball 6:00-9:00	Adult Volleyball 7:00-9:30	Adult Basketball 6:00-9:00	Basketball Training (6-9) 5:00-7:00		
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	Inspire 9:00-12:00	Open Gym/Youth Center 9:00-12:00	Inspire 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	Soccer (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	Tennis (6-12) 10:30-11:15	Gymnastics Int. (6-12) 9:45-10:30
Youth Center 5:00-7:00	Youth Pickleball 5:30-6:15	Gymnastics 4:00-9:30	Gymnastics 4:00-9:30	Teen Basketball 4:00-7:00	Youth Center 11:15-12:00 Intro to Wrestling 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 12:00-3:30	Gymnastics Adv. (6-12) 1:00-3:00

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.