



GYMNASIUM SCHEDULES

SOUTH ORANGE FAMILY YMCA

June 29th - August 30, 2026

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 5:00-9:00	Adult Basketball 5:00-9:00	Adult Basketball 5:00-9:00	Adult Basketball 5:00-9:00	Adult Basketball 5:00-9:00	Adult Basketball 7:00am-9:00am	Adult Basketball 8:00am-9:00am
Adv. Pickleball 9:00-12:00	Adv. Pickleball 9:00-12:00	Adult Basketball 9:00-12:00	Adv. Pickleball 9:00-12:00	Adv. Pickleball 9:00-12:00	Adv Basketball 9:00-12:00	Open Gym 9:00-11:00
Open Basketball 12:00-1:30	Open Basketball 12:00-1:30	Open Basketball 12:00-1:30	Open Basketball 12:00-1:30	Open Basketball 12:00-1:30	Family Basketball 12:00-1:00	Teen Basketball 11:00-3:30
Camp Wee Discover 1:30-3:00	Camp Wee Discover 1:30-3:00	Camp Wee Discover 1:30-3:00	Camp Wee Discover 1:30-3:00	Camp Wee Discover 1:30-3:00	Teen Basketball 1:00-4:30	
Teen Basketball 3:00-5:00	Teen Basketball 3:00-6:00	Teen Basketball 3:00-5:00	Teen Basketball 3:00-6:00	Family Basketball 3:00-5:00		
\$ Youth Basketball (6-12) 5:00-7:00	Adult Basketball 6:00-9:30	\$ Youth Volleyball (6-12) 5:00-7:00	Adult Basketball 6:00-9:30	\$ Youth Basketball (6-12) 5:00-7:00		
Adult Basketball 7:00-9:30		Adult Volleyball 7:00-9:30		Open Gym 7:00-9:30		

LITTLE GYMNASIUM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family Gym 5:00am-7:00	Family Gym 5:00am-7:00	Family Gym 5:00am-7:00	Family Gym 5:00am-7:00	Family Gym 5:00am-7:00	Open Gym 7:00am-9:00	Gymnastics Set Up 8:00-9:00 \$ Gymnastics 9:00-12:00 Gymnastics Break-Down 12:00-1:00
Camp Wee Discover 7:00-9:30	Camp Wee Discover 7:00-9:30	Camp Wee Discover 7:00-9:30	Camp Wee Discover 7:00-9:30	Camp Wee Discover 7:00-9:30	\$ Multi-Sports (3-5) 9:00-9:30	
Youth Center 9:30-12:00	Youth Center 9:30-12:00	Advanced Pickleball 9:30-12:00	Youth Center 9:30-12:00	Youth Center 9:30-12:00	\$ T-Ball (3-5) 9:45-10:15	
Pickleball ANY Level 12:00-3:00	Pickleball ANY Level 12:00-3:00	Pickleball ANY Level 12:00-3:00	Pickleball ANY Level 12:00-3:00	Pickleball ANY Level 12:00-3:00	\$ Tennis (6-12) 10:30-11:15	
Camp Wee Discover 3:00-4:00	Camp Wee Discover 3:00-4:00	Camp Wee Discover 3:00-4:00	Camp Wee Discover 3:00-4:00	Camp Wee Discover 3:00-4:00	Youth Center 11:15-12:00	Open Gym 1:00-3:30
Open Gym 4:00-5:00	\$ Youth Pickleball 5:00-5:45	Open Gym 4:00-5:00	\$ Gymnastics 4:00-9:30	Teen Basketball 4:00-6:45	Open Gym 12:00-4:30	
Youth Center 5:00-6:45	\$ Youth Tennis 5:45-6:30	Youth Center 5:00-8:00		Open Gym 7:00-9:30		
Adult Basketball 7:00-9:30	Pickleball 6:30-9:30	Open Gym 8:00-9:30				

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.
- 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 inclement weather, Camp Wee may have an effect on the schedule. Please check the app on those days.**

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