



Gym Schedule: 03/01/22-03/31/23

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours:
M-F: 6AM-9PM
Sat: 7:00AM-6PM
Sun: 8AM-6PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-9:45AM Open Gym	6:00-6:45AM Open Gym	6:00-9:45AM Open Gym	6:00-6:45AM Open Gym	6:00-7:45AM Open Gym		
		7:00-7:45AM Bootcamp		7:00-7:45AM Bootcamp		8:00-8:45AM Breath, Stretch, Strengthen	7:00-8:45am Open Gym
		8:00-9:45am Open Gym		8:00-11:45am Open Gym	9:00-9:45AM Open Gym		
	10:00-10:45AM Zumba Gold	10:00-10:45AM SilverSneakers	10:00-10:45AM SilverSneakers	11:00-11:45am Chair Stretch	10:00-10:45AM Zumba Gold	9:00AM-12:45PM Basketball Skills and Drills	9:00AM-12:45PM Basketball Skills and Drills
	11:00-11:45AM Open Gym	11:00-11:45am Chair Stretch	11:00-11:45AM Zumba		11:00-11:45am Chair Stretch		
	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	1:00-5:45pm Open Gym	1:00-3:45PM Open Gym
	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym		
	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool		
	5:00-6:45PM Swim Team	5:00-5:45PM Swim Team	5:00-5:45PM Swim Team	5:00-5:45PM Swim Team	5:00-6:45PM Swim Team		4:00-5:45PM Pickelball
		6:00-8:45PM LHVA	6:00-6:45PM Basketball Skills and Drills	6:00-8:45PM LHVA			
	7:00-8:45PM LHVA		7:00-8:45PM LHVA		7:00-9:00PM Volleyball Team		

New Rochelle
YMCA

P:
(914)-632-1818

www.NRYMCA.org