

Gym Schedule: 11/13/23-11/19/23

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	6:00-9:45AM Open Gym		
	7:00-7:45AM Bootcamp		7:00-7:45AM Bootcamp		7:00-8:45AM Open Gym	8:00-8:45AM Open Gym
	8:00-11:45am Open Gym		8:00-11:45 AM Open Gym		7:00-8:45AM Open Gym	8:00-8:45AM Open Gym
10:00-10:45AM Zumba Gold	8:00-11:45am Open Gym	10:00-10:45AM Silver	8:00-11:45 AM Open Gym	10:00-10:45AM Zumba Gold	9:00AM-12:45PM Basketball Skills & Drills	9:00AM-12:45PM Basketball Skills & Drills
11:00-11:45AM Open Gym		11:00-11:45AM Open Gym		11:00-11:45am Chair Stretch		
12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	1:00-2:00PM Open Gym	1:00-2:00PM Open Gym
2:00-4:00PM Open Gym	2:00-4:15PM Open Gym	2:00-4:00PM Open Gym	2:00-4:15PM Open Gym	2:00-4:00PM Open Gym		
4:00-4:45PM Teen Bootcamp	4:30-5:30PM Afterschool	4:00-4:45PM Teen Bootcamp	4:30-5:30PM Afterschool	4:00-4:45PM Teen Obstacle Course	2:00PM - 5:45PM LaLiga Academy Open Soccer	2:00PM - 5:45PM LaLiga Academy Open Soccer
5:00-6:00 PM Afterschool	5:30 - 6:00PM Open Gym	5:00-5:45PM Afterschool	Sailfish Swimteam 5:45-6:00 PM	5:00-6:00 PM Afterschool		
6:00 PM to 7:30 PM Open Gym	6:00-8:45PM LHVA Volleyball	6:00-6:45PM Basketball Skills & Drills	6:00-8:45PM LHVA Volleyball	6:15-7:00 PM Open Gym		
7:30-8:45PM LHVA Volleyball		7:30-8:45PM LHVA Volleyball		7:00- 8:45 PM Community Volleyball		
						Updated 11/11/2023

New Rochelle YMCA - 914-632-1818 www.nrymca.org