

Gym Schedule: 11/07/23-11/12/23

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		9:00AM-12:45PM Basketball Skills and Drills	9:00AM-12:45PM Basketball Skills and Drills	
10:00-10:45AM Zumba Gold	8:00 -11:45am Open Gym	10:00-10:45AM SilverSneakers	8:00-11:45 AM Open Gym	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 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
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	1:00-2:45PM Open Gym	1:00-3:45PM 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			3:00-7:00PM Sailfish Bingo Fundraiser - Gym Closed
5:00-6:00 PM Afterschool	5:45-8:45PM Open Gym	5:00-5:45PM Afterschool	5:00-5:45PM Afterschool	5:00-6:00 PM Afterschool			4:00-5:45PM Pickleball
6:15-8:45 PM Open Gym		6:00-6:45PM Basketball Skills and	Sailfish Swimteam 5:45-6:30 PM	6:15-7:00 PM Open Gym			
		7:00-8:45PM Open Gym	6:45-8:45 PM Open Gym	7:00- 8:45 PM Comunity Volleball			

**Updated
11/07/2023**

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