



Gym Schedule 6/17/24 - 6/23/24

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 9:45 AM Open Gym	6:00 - 6:45 AM Open Gym	6:00 - 9:45 AM Open Gym	6:00 - 6:45 AM Open Gym	6:00 - 9:45 AM Open Gym	7:00 - 8:45 AM Open Gym	8:00 - 8:45 AM Open Gym
	7:00 - 7:45 AM Boot Camp		7:00 - 7:45 AM Boot Camp			
	9:00-11:00 Moving up Prep 11:00-2:00PM UPK Graduation Gym Closed		8:00 - 10:00 AM Open Gym		8:00 - 10:00 AM Open Gym	
			10:00 - 10:45 AM Zumba Gold		10:00 - 10:45 AM Zumba Gold	
10:00 - 10:45 AM Zumba Gold	9:00-11:00 Moving up Prep 11:00-2:00PM UPK Graduation Gym Closed	10:00 - 10:45 AM Silver Sneakers	10:00 - 10:45 AM Zumba Gold	10:00 - 10:45 AM Zumba Gold	9:00 AM - 12:45 PM Basketball Lessons	9:00 AM - 12:45 PM Basketball Lessons
11:00 - 11:45 AM Open Gym		11:00 - 11:45 AM Zumba Toning	11:00 AM - 12:00 PM Open Gym	11:00 - 11:45 AM Chair Stretch		
12:00 - 2:00 PM Pickleball		12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	
2:00 - 3:15 PM Open Gym		2:00 - 3:15 PM Open Gym	2:00 - 3:15 PM Open Gym	2:00 - 3:15 PM Open Gym	2:00 - 3:15 PM Open Gym	1:00 - 4:00 PM Open Gym
3:15 - 4:15 PM Afterschool	3:15 - 4:15 PM Afterschool	3:15 - 4:15 PM Afterschool	3:15 - 4:15 PM Afterschool	3:15 - 4:15 PM Afterschool		
4:15 - 5:00 PM Teen Bootcamp	4:15 - 9:00 PM Open Gym	4:15 - 5:00 PM Teen Bootcamp	4:15 - 5:30 PM Open Gym	4:15 - 5:00 PM Teen Bootcamp	4:00 - 6:00 PM Open Court Pickleball	4:00 - 6:00 PM Open Court Pickleball
5:00 - 9:00 PM Open Gym		5:00 - 5:45 PM Open Gym - Half		5:45 - 6:00 PM Swim Team		
		5:00 - 5:45 PM BBall Holistic Warrior	6:00 - 9:00 PM Open Gym			
		6:00 - 6:45 PM Basketball Classes				
		6:45 - 9:00 PM Open Gym	6:00 - 9:00 PM Open Gym	6:00 - 9:00 PM Open Gym		

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

New Rochelle YMCA | 914-632-1818 | www.nrymca.org | Updated 6/17/24

On this sheet, each cell in the table making up this schedule counts as 15 minutes; a group of 4 cells equals an hour, for future reference in schedule editing.