



Basketball Court Exercise Schedule

Flushing YMCA
Winter 2018
1/2/18 - 2/25/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00AM – 9:30AM Adult Open Court Basketball	5:00AM – 9:30AM Adult Open Court Basketball	5:00AM – 9:30AM Adult Open Court Basketball	5:00AM – 9:30AM Adult Open Court Basketball	5:00AM – 9:30AM Adult Open Court Basketball	7:00AM – 8:20AM Adult Open Court Basketball	7:00AM – 12:50PM Adult Open Court Basketball	
10:00AM – 10:50AM Silver Sneakers Helena	10:00AM – 10:50AM Silver Sneakers Angela	10:00AM – 10:50AM Silver Sneakers Mimi	10:00AM – 10:50AM Silver Sneakers Helena	10:00AM – 10:50AM Silver Sneakers Angela/Helena	8:30AM – 11:00AM 1/2 Court Family Open Court Basketball		
11:00AM – 2:50PM Family Open Court Volleyball & Basketball	11:00AM – 1:20PM Adult Open Court Basketball	11:00AM – 11:50AM Tai Chi Joan	11:00AM – 1:20PM Adult Open Court Basketball	11:00AM – 1:20PM Adult Open Court Basketball	11:00AM – 11:50AM Youth Capoeira Diego/Genevieve		
		12:00PM – 1:20PM Adult Open Court Basketball			12:00PM – 12:50PM Soccer \$\$ Diego/Genevieve		
	3:00PM – 3:50PM Teen Open Court Basketball	1:30PM – 3:20PM Family Open Court Volleyball & Basketball	1:30PM – 3:20PM Family Open Court Volleyball & Basketball	1:30PM – 3:20PM Family Open Court Volleyball & Basketball	1:30PM – 2:50PM Family Open Court Volleyball & Basketball	1:00PM – 1:50PM Soccer \$\$ Diego/Kunjal	1:00PM – 2:50PM Family Open Court Volleyball & Basketball
4:00PM – 6:00PM Court Closed Flushing HS SASF	3:30PM – 6:20PM Teen Open Court Basketball	4:00PM – 6:00PM Court Closed Flushing HS SASF	4:00PM – 7:20PM 1/2 Court Teen Open Basketball	2:00PM – 2:50PM Basketball \$\$ Jackson/Kunjal	3:00PM – 3:50PM Basketball \$\$ Jackson/Kunjal	3:00PM – 4:50PM Teen & Adult Open Court Basketball	
				6:00PM – 7:30PM 1/2 Court Teen Open Basketball	4:00PM – 4:50PM Basketball \$\$ Jackson/Kunjal		
				6:30PM – 7:20PM Zumba Marisa	6:30PM – 7:20PM Zumba Amanda	6:30PM – 7:20PM Zumba Elizabeth	7:20PM – 9:00PM 1/2 Court Adult Open Basketball
7:30PM – 10:00PM Adult Full Court Basketball	7:30PM – 10:00PM Adult Full Court Basketball	7:30PM – 10:00PM Adult Full Court Basketball	9:00PM – 10:00PM Adult Full Court Basketball	9:00PM – 10:00PM Adult Full Court Basketball	Schedule is subject to change. Youths under 12 years of age must be accompanied by their parent and/or guardian. Bags, clothes, and belongings are not allowed on the floor and must be stored in a locker. Please contact us at (718) 551-9350 or on our website at ymcanyc.org/		