

Basketball Court Exercise Schedule

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

AM - 9:30AM Adult Den Court asketball AM - 10:50AM Der Sneakers Mimi	5:00AM - 9:30AM Adult Open Court Basketball	5:00AM - 9:30AM Adult Open Court Basketball	7:00AM - 8:20AM Adult Open Court Basketball 8:30AM - 11:00AM	
er Sneakers	10 00AM 10 50AM		8.30AM - 11.00AM	
1*111111	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	7:00AM – 12:50PM Adult Open Court Basketball
AM - 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	
Adult en Court			12:00PM - 12:50PM Soccer \$\$ Diego/Genevieve	
B'asketball 1:30PM - 3:20PM Family Open Court Volleyball & Basketball	1:30PM - 3:20PM Family Open Court Volleyball & Basketball	1:30PM - 2:50PM	1:00PM - 1:50PM Soccer \$\$ Diego/Kunjal	1:00PM - 2:50PM Family Open Court Volleyball & Basketball
		Family Open Court Volleyball & Basketball	2:00PM - 2:50PM Basketball \$\$ Jackson/Kunjal	
	,	3:00PM - 3:50PM Teen Open Court Basketball	3:00PM - 3:50PM Basketball \$\$ Jackson/Kunjal	3:00PM - 4:50PM Teen & Adult
3:30PM - 6:20PM Court Closed ushing 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	4:00PM - 5:50PM Teen Open Court Basketball	4:00PM - 4:50PM Basketball \$\$ Jackson/Kunjal	Open Court Basketball
			5:00PM – 7:30PM Adult Open Court Basketball	5:00PM - 7:30PM Adult Open Court Basketball
		6:00PM - 7:30PM 1/2 Court Teen Open Basketball		
Zumba				
7:30PM - 10:00PM Adult Full Court Basketball	7:20PM - 9:00PM 1/2 Court Adult Open Basketball	7:30PM - 9:00PM 1/2 Court Adult Open Basketball	Schedule is subject to change. Youths under years of age must be accompanied by their part and/or guardian. Bags, clothes, and belowings are not allowed on the floor and must stored in a locker. Please contact us at (71551-9350 or on our website at ymcanyc.or	
	9:00PM - 10:00PM Adult Full Court Basketball	9:00PM – 10:00PM Adult Full Court Basketball		
	PM - 1:20PM Adult pen Court asketball PM - 3:20PM Family pen Court all & Basketball PM - 6:00PM urt Closed ning HS SASF PM - 7:20PM Zumba Elizabeth M - 10:00PM Adult ull Court	PM - 1:20PM Adult PM - 3:20PM Family Pen Court all & Basketball PM - 6:00PM Urt Closed Ing HS SASF PM - 7:20PM Zumba Elizabeth M - 10:00PM Adult Ull Court asketball PM - 10:00PM Adult Ull Court asketball PM - 10:00PM Adult Ull Court Adult Ull Court asketball PM - 10:00PM Adult Ull Court Adult Ungen Basketball P:00PM - 10:00PM Adult Full Court	PM - 1:20PM Adult PM - 1:20PM Adult pen Court asketball PM - 3:20PM Family pen Court all & Basketball PM - 6:00PM urt Closed ning HS SASF PM - 7:20PM Zumba Elizabeth PM - 10:00PM Adult Open Court Teen Open Basketball PM - 10:00PM Adult Ull Court asketball P:30PM - 3:20PM Family Open Court Volleyball & Basketball 1:30PM - 2:50PM Family Open Court Volleyball & Basketball 3:00PM - 3:50PM Teen Open Court Basketball 4:00PM - 7:20PM Teen Open Court Basketball 6:00PM - 7:30PM 1/2 Court Teen Open Basketball 7:20PM - 9:00PM Adult Open Basketball 7:20PM - 9:00PM Adult Open Basketball 9:00PM - 10:00PM Adult Full Court Adult Court Adult Court Adult Court Adult Court Adult Court Adult Open Basketball 9:00PM - 10:00PM Adult Full Court Adult Court	Adult Open Court Basketball Open Court Court Soccer \$\$ Diego/Genevieve 1:00PM - 1:50PM Soccer \$\$ Diego/Kunjal 2:00PM - 1:50PM Soccer \$\$ Diego/Kunjal Open Court Volleyball & Basketball Open Court Volleyball & Basketball Open Court Basketball Open