



HARLEM YMCA GYMNASIUM SCHEDULE

2018 SESSION 4 | July 2 - August 26, 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	Gymnasium Closed	OPEN GYM 5:30 - 6:50am	OPEN GYM 5:30 - 6:50am	OPEN GYM 5:30 - 6:50am	OPEN GYM 5:30 - 6:50am	OPEN GYM 5:30 - 6:50am	Gymnasium Closed
6am							
7am							OPEN GYM 6:00 - 9:00am
8am							
9am	OPEN GYM 8:00 - 10:00am	SUMMER CAMP 7:00 - 12:00pm	SUMMER CAMP 7:00 - 11:00am	SUMMER CAMP 7:00 - 12:00pm	SUMMER CAMP 7:00 - 12:00pm	SUMMER CAMP 7:00 - 12:00pm	QUICKSTART TENNIS I 9:00 - 10:00am
10am	FAMILY TIME 10:00 - 12:00pm						FAMILY TIME / OPEN GYM 10:00 - 11:00am
11am			STRETCHING 11:10 - 12:00pm				
12pm	OPEN GYM 12:00 - 1:30pm	OPEN GYM 12:00 - 12:50pm	OPEN GYM 12:00 - 12:50pm	OPEN GYM 12:00 - 12:50pm	OPEN GYM 12:00 - 12:50pm	OPEN GYM 12:00 - 12:50pm	
1pm	BASKETBALL INTERMEDIATE 1:30 - 2:30pm 2:30 - 3:30pm	SUMMER CAMP 1:00 - 4:50pm	SUMMER CAMP 1:00 - 4:50pm	SUMMER CAMP 1:00 - 4:50pm	SUMMER CAMP 1:00 - 4:50pm	SUMMER CAMP 1:00 - 4:50pm	BASKETBALL BEGINNER 12:30 - 1:30pm 1:30 - 2:30pm 2:30 - 3:30pm
2pm							
3pm							
4pm	BASKETBALL ADVANCED 3:30 - 4:30pm						FAMILY TIME 3:30 - 6:00pm
5pm	OPEN GYM 4:30 - 6:00pm	SOCCKER FOUNDATIONS 5:00 - 6:00pm 6:00 - 7:00pm	QUICKSTART TENNIS I 5:00 - 6:00pm	BASKETBALL BEGINNER 5:00 - 6:00pm 6:00 - 7:00pm	QUICKSTART TENNIS II 5:00 - 6:00pm KICK, CATCH, THROW 6:00 - 7:00pm	OPEN GYM 5:00 - 8:00pm	
6pm	ADULT (18 & older) OPEN GYM 6:00 - 7:45pm	STEP 7:00 - 8:10pm	OPEN GYM 6:10 - 8:00pm	OPEN GYM ADULT SOCCER 7:00 - 9:00pm			
7pm							
8pm	Gymnasium Closed	ADULT BASKETBALL (18 & older) OPEN GYM 8:15 - 10:45pm	ADULT BASKETBALL (18 & older) OPEN GYM 8:00 - 10:45pm	ADULT BASKETBALL (18 & older) OPEN GYM 9:00 - 10:45pm	ADULT BASKETBALL (18 & older) OPEN GYM 8:00 - 10:45pm	ADULT BASKETBALL (18 & older) OPEN GYM 8:00 - 10:45pm	Gymnasium Closed
9pm							
10pm							
11pm							