



GYM SCHEDULE

SUMMER/ SESSION 4: 7/2-8/26/18

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Child Watch 6:15-8:30PM (Mon/Tues/Wed/Thurs)					Child Watch 8:45AM-1:15 PM	
MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6-9 AM	Open Gym 6-8:45 AM	Open Gym 6-8:45 AM	Open Gym 6-8:45 AM	Open Gym 6-8:45 AM	Open Gym 6-8:45 AM	Closed
Gym Closed 15 min.	Open Play/ Family (6 mos-5 yrs.) 8:50-9:50 AM	AOA Strength Training 9-9:50 AM	Open Play/ Family (6 mos-5 yrs.) 9-9:45 AM	AOA Strength Training 9-9:50 AM	Group Exercise 9 AM -12:50 PM	Open Gym Family & Youth (12 yrs. & under) 7 AM-9:45 AM
Gym & Swim Kids 6-18 months 9:15 - 9:45 AM	Pilates Mat 10-10:50 AM	Total Body Conditioning 10-10:50 AM	Pilates Mat 10-10:50 AM	Pilates Mat 10-10:50 AM		Basketball - Open Gym Adults (18 yrs.+) 10 AM-11:50 AM
Open Play/ Family (6 mos-5 yrs.) 10:30 -11:50 AM	Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM	Open Play/ Family (6 mos - 5 yrs.) 11-11:30 AM	Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM	Open Play/ Family (6 mos - 5 yrs.) 11-11:50 AM		Group Exercise 12 PM -2:30PM
Total Body Conditioning 12-12:50 PM	Interval Training 12-12:50 PM	Open Gym Family & Youth (12 yrs. & under) 11:30 AM-1:30 PM	Basketball - Open Gym Adults (18 yrs.+) 12-3 PM	Pi-Yo™ 12-12:50 PM		Open Gym Family & Youth (12 yrs. & under) 2:40-3:40 PM
Basketball - Open Gym Adults (18 yrs.+) 1-3 PM	Basketball - Open Gym Adults (18 yrs.+) 1-3:30 PM	Open Gym/ Bball Teens (13-17 yrs.) 1:45-5:30 PM	Open Gym Family & Youth (12 yrs. & under) 3-4 PM	Basketball - Open Gym Adults (18 yrs.+) 1-3 PM	Open Gym/Bball Teens (13-17 yrs.) 4-9 PM	Basketball - Open Gym Adults (18 yrs.+) 3:45-5:30 PM
Open Gym/ Bball Teens (13-17 yrs.) 3 PM -6 PM	Open Gym Family & Youth (12 yrs. & under) 3:30-4:30 PM	Basketball - Open Gym Adults (18 yrs.+) 5:35-7:20 PM	Open Gym/ Bball Teens (13-17 yrs.) 4-5:30 PM	Open Gym Family & Youth (12 yrs. & under) 3-4:30 PM		Open Gym/Bball Teens (13-17 yrs.) 5:30-8 PM
Gym Closed 25 min.	Open Gym/ Bball Teens (13-17 yrs.) 4:30-6:30 PM		Gym Closed 15 min.	Open Gym/Bball Teens (13-17 yrs.) 4:30-7:15 PM		
Group Exercise 6:30-9 PM	Boot Camp 6:40-7:30 PM		Group Exercise 5:45-8:35 PM	Gym Closed 15 min.		
	Basketball League Adults (18 yrs.+) 8 PM - 11:30 PM	Punk Rope 7:30-8:20 PM		Tai Chi Sword 7:30-8:20 PM	Basketball - Open Gym Adults (18 yrs.+) 9-11:55 PM	Soccer - Open Gym Adults (18 yrs.+) (No Staff Lead) 8-11:55PM
Volleyball (Ages 18+) Open Gym w/ Instructor 9:05 -11:30 PM		Soccer - Open Gym Adults (18 yrs.+) 8:30 -11:55PM	Basketball - Open Gym Adults (18 yrs.+) 8:45 -11:55 PM	Basketball - Open Gym Adults (18 yrs.+) 8:45 -11:55 PM		

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