

ROCKAWAY YMCA - GYMNASIUM SCHEDULE (Effective 9/5)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Open Gym 5:30am-7:45am (ID required for Basketball)	Open Gym 5:30am-7:45am (ID required for Basketball)	Open Gym 5:30am-7:45am (ID required for Basketball)	Open Gym 5:30am-7:45am (ID required for Basketball)	Open Gym 5:30am-7:45am (ID required for Basketball)	Open Gym 7:00am-8:00am	Open Gym 7:00am-10:00am 50+yrs
	Pickle Ball 8:00 am-9:20 am	Pickle Ball 8:00 am-9:20 am	Pickle Ball 8:00 am-9:20 am	Pickle Ball 8:00 am-9:20 am	Pickle Ball 8:00 am-9:20 am	Pickleball 8:15am-10:15PM	
	Little Tykes 9:30 am-10:20 am 6mo. - 4 yrs	Little Tykes 9:30 am-10:20 am 6mo. - 4 yrs	Little Tykes 9:30 am-10:20 am 6mo. - 4 yrs	Little Tykes 9:30 am-10:20 am 6mo. - 4 yrs	Little Tykes 9:30 am-10:20 am 6mo. - 4 yrs	Little Tykes 10:30am-11:30am 6mo. - 4yrs	
AFTERNOON	Pickleball 10:30 am-12:15 pm (Court 1 Instruction, Courts 2&3 Challenge Courts)	Pickleball 10:30 am-12:15 pm (Court 1 Instruction, Courts 2&3 Challenge Courts)	Pickleball 10:30 am-12:15 pm (Court 1 Instruction, Courts 2&3 Challenge Courts)	Pickleball 10:30 am-12:15 pm (Court 1 Instruction, Courts 2&3 Challenge Courts)	Pickleball 10:30 am-12:15 pm (Court 1 Instruction, Courts 2&3 Challenge Courts)	Adult Zumba 11:45am-12:45pm	Adult Basketball 10:00am-2:00pm ages 18yrs+
	Adult Basketball 12:30 pm-3:00 pm	Adult Basketball 12:30 pm-3:30 pm	Adult Basketball 12:30 pm-3:30 pm	Adult Basketball 12:30 pm-3:00 pm	Adult Basketball 12:30 pm-3:00 pm	*Fast Break 1:00pm-2:30pm ages 3-14yrs	
							Sports Unlimited 4:00 pm -5:00 pm ages 7-12 yrs
	Teen Recreation 3:00 pm - 7:45 pm ages 12-17yrs	*Indoor Soccer 5:00pm-6:00pm ages 7-11yrs	*Run Club 6:00pm-6:45pm 6-14yrs	Teen Recreation ages 12-17yrs 4:30pm - 8:00pm	Adult Open Gym 6:00pm - 8:00pm ages 18yrs+		
	Adult Basketball 8:00pm-10:00pm ages 18+	Adult Basketball 8:00pm-10:00pm ages 18+	Pickleball 8:00pm-9:45PM			Adult Basketball 8:00pm-10:00pm ages 18+	Adult Indoor Soccer 8:00pm-10:00pm
Open Gym 6:00 pm -7:45 pm				*Pickleball Kids 7:00pm-7:45pm ages 7-14			