



GYM SCHEDULE

FALL I / SESSION 5: 9/4 - 10/28/18

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Child Watch 6:15-8:30PM (Mon/Tues/Wed/Thurs)					Child Watch (Sat) 8:45AM-1:15 PM	
MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6-9 AM	Open Gym 6-10 AM	Open Gym 6-8:45 AM	Open Gym 6-8:45 AM	Open Gym 6-8:45 AM	Basketball - Open Gym Adults (18 yrs.+) 6-8:45 AM	Closed
Gym Closed 15 min.		AOA Strength Training 9-9:50 AM	YMCA Early Childhood Participants 9-9:45 AM	AOA Strength Training 9-9:50 AM	Gentle Yoga 9-9:50 AM	Open Gym Family & Youth (12 yrs. & under) 7 AM-9:45 AM
Gym & Swim Kids 6-18 months 9:15 - 9:45 AM		Total Body Conditioning 10-10:50 AM	Pilates Mat 10-10:50 AM	Pilates Mat 10-10:50 AM	Kettlebells 10-10:50 AM	Basketball - Open Gym Adults (18 yrs.+) 10 AM-12 PM
Gym & Swim Kids 18-36 months 9:50 - 10:20 AM	Pilates Mat 10 - 10:50 AM	Open Play/ Family (6 mos - 5 yrs.) 11 AM-12:15 PM	Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM	Open Play/ Family (6 mos - 5 yrs.) 11-11:50 AM	P90X 11-11:50 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 Gym Family & Youth (12 yrs. & under) 12:15 PM-3 PM	Basketball - Open Gym Adults (18 yrs.+) 12-3 PM	Pi-Yo™ 12-12:50 PM	Pilates Mat 12-12:50 PM	Bootcamp 12 - 12:50PM
Total Body Conditioning 12 - 12:50 PM	Interval Training 12 - 12:50 PM			Basketball - Open Gym Adults (18 yrs.+) 1-3 PM	Gym Closed 40 min.	Tai-Chi 1-2:30 PM
Basketball - Open Gym Adults (18 yrs.+) 1 - 3:15 PM	Basketball - Open Gym Adults (18 yrs.+) 1-3 PM	Y Afterschool Program 3-5:30 PM	Y Afterschool Program 3-5:30 PM	Soccer Kids Ages 2-3 3-4 PM	Basketball Program Kids Ages 5-7 1:30-2:30 PM	Open Gym Family & Youth (12 yrs. & under) 2:40-3:40 PM
Open Gym/ Bball Teens (13-17 yrs.) 3:15 PM - 5:30 PM	Y Afterschool Program 3-5:25 PM	Open Gym/ Bball Teens (13-17 yrs.) 5:30-6:30 PM	Y Afterschool Program 3-5:30 PM	Soccer Kids Ages 4-5 4-5 PM	Basketball Program Kids Ages 8-11 2:30-3:30 PM	Basketball - Open Gym Adults (18 yrs.+) 3:45 - 5:30 PM
Open Gym Family & Youth (12 yrs. & under) 5:30-6:15 PM	Open Gym Family & Youth (12 yrs. & under) 5:30-6:25 PM		Gym Closed 15 min.	Soccer Kids Ages 7-11 5-6 PM	Open Gym Family & Youth (12 yrs. & under) 3:45-4:45 PM	
Gym Closed 15 min.	Gym Closed 15 min.		Pilates Mat 5:45-6:35 PM		Gym Closed 15 min.	
Zumba 6:30-7:20 PM	Boot Camp 6:40-7:30 PM	Boot Camp 6:45-7:20 PM	Insanity 6:45-7:35 PM	TEEN CENTER 6:00-7:25 PM Gym 7:30-8:45 PM Studio B		TEEN CENTER 5-8PM
Total Body Conditioning 7:25-8:10 PM	Gym Closed 30 min.	Punk Rope 7:30-8:20 PM	P90X 7:45-8:35 PM	Tai Chi Sword 7:30-8:20 PM		Open Gym/Bball Teens (13-17 yrs.) 5:30-8 PM
Train Like an Athlete 8:15-9PM	Basketball League Adults (18 yrs.+) 8 PM - 11:55 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	Basketball - Open Gym Adults (18 yrs.+) 8 - 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						

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