

GYM SCHEDULE

Fall 2018 – Effective August 25th, 2018



Descriptions of programs on following page ALL YOUTH CLINICS REQUIRE ADVANCE REGISTRATON AND PAYMENT. During Fitness Classes and Youth Sports Clinics, the Basketball Gym is closed to other activities. Only those participating in the clinic or class (or their parents/families) maybe in the Gym.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am – 10:00am OPEN GYM 13 years and up	6:00am –3:00pm OPEN GYM 13 years and up	6:00am –9:00am OPEN GYM 13 years and up	6:00am – 3:00pm OPEN GYM 13 years and up	6:00am –9:00am OPEN GYM 13 years and up	6:00am –9:00am OPEN GYM 13 years and up	8:00-9:30am Family Gym All Ages
		9:00am – 11am SILVERSNEAKERS CLASSIC CLASS & Senior Stretch		9:00am – 11am SILVERSNEAKERS CLASSIC CLASS Senior Stretch	9:00am-10:30am YOUTH SOCCER CLINICS	9:30-10:15 am JR. NBA BASKETBALL CLINIC (3-5 yr.old)
10:00am – 3:00pm OPEN GYM (13 YEARS AND UP)	3:00pm-4:30pm Family Gym	11:00am – 3:00pm ADULT BASKETBALL	3:00pm-4:30pm Family Gym	11:00am-3:00pm OPEN GYM (13 YEARS AND UP)	10:45am – 11:30am JR. NBA BASKETBALL CLINIC (3-5 yr.old)	10:15am – 11:15am JR. NBA BASKETBALL CLINIC (6-9 yr.old)
3:00-5:00pm Family Gym	4:30-5:30pm After School Program	3:00pm-5:00pm Family Gym	4:30-5:30pm After School Program	3:30pm – 5:00pm After School Program	11:30am - 12:30pm JR. NBA BASKETBALL CLINIC (6-9 yr.old)	11:15am-12:15 pm JR. NBA BASKETBALL CLINIC (10-15 yr.old)
5:00-6:00pm After School Program	5:30pm-7:00pm Youth Soccer Sign up required	5:00-6:00pm After School Program	5:30pm-7:00pm Youth Soccer Sign up required	5:00pm – 6:30pm Family Gym	12:30 – 1:30 JR. NBA BASKETBALL CLINIC (10-15 yr.old)	12:15 pm – 3:45 pm OPEN GYM 13 years and up
6:00pm – 8:00pm STUDENT BASKETBALL	7:00pm – 8:00pm STUDENT BASKETBALL	6:00pm – 8:00pm STUDENT BASKETBALL	7:00pm – 8:00pm STUDENT BASKETBALL	6:30pm-7:15pm SOCCER CLINIC (6-9 yr. old)	1:30pm - 3:45pm Family Gym	
8:00pm – 9:45pm ADULT BASKETBALL (18 YEARS & UP)	8:00pm – 9:45pm ADULT BASKETBALL (18 YEARS & UP)	8:00pm – 9:45pm ADULT SOCCER (18 YEARS AND UP)	8:00pm – 9:45pm ADULT BASKETBALL (18 YEARS & UP)	7:15pm – 9:45pm OPEN AND FAMILY GYM	4:00pm - 6:45pm ADULT BASKETBALL 18 YEARS & UP	

Schedule subject to change without notice due to unforeseen circumstances

New Rochelle YMCA / 50 Weyman Avenue, New Rochelle NY 10805 / Phone: 914-632-1818 / Fax: 914-632-7140 / www.nrymca.org

NEW ROCHELLE YMCA GYM PROGRAM DESCRIPTIONS

Open Gym

Times are available for basketball, walking, jogging, stretching and more. Sneakers and a shirt must be worn at all times. Over 14 years of age only.

High School Basketball - for members only

9th-12th grade teenagers only. YMCA Staff supervised. Sneakers and a shirt must be worn at all times.

Adult Basketball

18 years and up. No one under 18 allowed. Sneakers and a shirt must be worn at all times.

Adult Soccer

18 years and up. No one under 18 allowed. Sneakers and a shirt must be worn at all times.

Family Gym - for members only

Family gym has soft-play activities available (mats, balls, jump rope, scooters) and also family basketball. Children under 14 years of age must be accompanied/supervised by parent or adult member over 21. YMCA Staff supervised at certain times (see Gym Schedule). Gym Divider may be in use to provide 1/2 gym to those playing basket-ball and 1/2 of the gym for softplay activities.

YMCA Afterschool Kids Program

The YMCA operates an after-school program operating from 3-6pm on school days. When gym is occupied by program's children, no one outside of the program is permitted in the gym during these times. Parents must register and pay for this program in advance.

Youth Basketball Clinic

Youth Basketball Clinics are here to stay at the New Rochelle YMCA so come learn the basics of the sport the YMCA invented! Clinic must be registered for and paid for in advance.

Soccer Clinics

Soccer clinics include the fundamentals of soccer: dribbling, shooting, drills and game play, to improve your child's soccer skills.

SILVERSNEAKERS Fitness Program

The New Rochelle YMCA, along with the Healthcare Dimensions Inc. and Empire Blue Cross Blue Shield HMO, offers the SilverSneakers Fitness Program to eligible Senior Citizens.

*****Members and guests are expected to conduct themselves appropriately at all times. Abusive behavior and language toward other members or to the YMC A staff may result in suspension or revocation of membership and guest privileges *****