



NRYMCA SUMMER GYM SCHEDULE

Effective June 25, 2018 to August 26, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30 am – 9:00 am	Open Gym 5:30 am – 9:00 am	Open Gym 5:30 am – 3:00 pm	Open Gym 5:30 am – 3:00 pm	Open Gym 5:30 am – 3:00 pm	Open at 6 am Open Gym 6 am – 9 am	Opens at 8am Family Gym 8 am – 11 am
Camp New Roc 9 am - 12 pm	Camp New Roc 9 am - 12 pm	Senior Cardio 9:00 am	Camp New Roc 9 am - 12 pm	Senior Cardio 9:00 am	Youth Soccer 9am – 10:30 *Registration Required	
		Senior Yoga 10:00 am		Senior Stretch 10:00 am		
Family Gym 12 – 3 pm	Family Gym 12 – 3 pm	Adult Basketball 11 am – 3 pm	Family Gym 12 – 3 pm	Open Gym 11 am – 2 pm	10:30 am – 1:30pm *Registration Required	Open Gym 11 am – 3:45 am
Camp New Roc 3 pm – 5 PM	Camp New Roc 3 pm – 5 PM	Family Gym 3 pm – 6 PM	Camp New Roc 3 pm – 5 PM	Camp New Roc 2 – 4:45 pm	Family Gym 1:30 - 4:00pm	
				Family Gym 4:30-6pm		
Family Gym 5 – 6	Family Gym 5 - 6		Family Gym 5 - 6			
Student Basketball 6 pm – 8 pm	Student Basketball 6 pm – 8 pm	Student Basketball 6 pm -8pm	Student Basketball 6 pm – 8 pm	Youth Soccer 6:30 pm-7:30 pm *Registration Required		
Adult Basketball 8 pm – 9:45 pm	Adult Basketball 8 pm – 9:45 pm	Adult Soccer 8 pm – 9:45 pm	Adult Basketball 8 pm – 9:45 pm	Family Gym		
				7:30 pm – 9:45 pm		

Open Gym – Ages 14 and up. **Family Gym** – all ages welcome. **Camp New Roc** – Only campers allowed in gym during this time.