



Gym Schedule: 02/01/22-02/28/23

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Facility Hours:  
M-F: 6AM-9PM  
Sat: 7:00AM-6PM  
Sun: 8AM-6PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-9:45AM Open Gym	6:00-6:45AM Open Gym	6:00-9:45AM Open Gym	6:00-6:45AM Open Gym	6:00-7:45AM Open Gym		
		7:00-7:45AM Bootcamp		7:00-7:45AM Bootcamp			
		8:00-9:45am Open Gym		8:00-11:45am Open Gym	8:00-11:45am Open Gym		
	10:00-11:45AM Zumba Gold	10:00-10:45AM SilverSneakers	10:00-10:45AM SilverSneakers		10:00-10:45AM Zumba Gold	10:00-11:45AM Basketball Skills and Drills	9:00-11:45AM Basketball Skills and Drills
		11:00-11:45am Chair Stretch			11:00-11:45am Chair Stretch		
	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-5:45pm Open Gym	12:00-3:45PM Open Gym
	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym		
	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool		
	5:00-6:45PM Swim Team	5:00-5:45PM Open Gym	5:00-5:45PM Open Gym	5:00-5:45PM Open Gym	5:00-6:45PM Swim Team		4:00-5:45PM Pickelball
		6:00-9:00PM LHVA	6:00-6:45PM Basketball Skills and Drills	6:00-9:00PM LHVA			
	7:00-9:00PM LHVA		7:00-9:00pm LHVA		7:00-9:00PM Community Volleyball Team		

New Rochelle  
YMCA

P:  
(914)-632-1818

www.NRYMCA.org