



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE



Child Watch (Sat)
8:45AM-1:15 PM

WINTER/ SESSION 1: 1/2/19-2/24/19

Child Watch 6:15-8:30PM (Mon/Tues/Wed/Thurs)						
MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6-9:45 AM	Open Gym 6-9:50 AM	Open Gym 6-8:45 AM	Open Gym 6-9:50 AM	Open Gym 6-8:45 AM	Basketball - Open Gym Adults (18 yrs.+) 6-8:45 AM	Closed
		AOA Strength Training 9-9:50 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 Closed 15 min.						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	Total Body Conditioning 10 -10:50 AM	Pilates Mat 10-10:50 AM	Pilates Mat 10 -10:50 AM	Kettlebells 10-10:50 AM	
Gym Closed 40 min.						
Silver Sneakers Classics 11-11:50 AM	Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 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	
Total Body Conditioning 12 -12:50 PM	Interval Training 12 -12:50 PM	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
Basketball - Open Gym Adults (18 yrs.+) 1 - 4:15 PM	Basketball - Open Gym Adults (18 yrs.+) 1-3 PM			Basketball - Open Gym Adults (18 yrs.+) 1-3:15 PM	Gym Closed 40 min.	Tai-Chi 1-2:30 PM
Gym Closed 15 min.					Basketball Program Kids Ages 4-6 1:30-2:30 PM	
Kids Chess Ages 7-12 4:30-5:30 PM	Y Afterschool Program 3-5:25 PM	Y Afterschool Program 3-5:30 PM	Y Afterschool Program 3-5:30 PM	Soccer Kids Ages 2-3 3:30-4:15 PM	Basketball Program Kids Ages 7-12 2:30-3:30 PM	Basketball - Open Gym Adults (18 yrs.+) 2:45 -3:45 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	Open Gym/ Bball Teens (13-17 yrs.) 5:30-6:30 PM	Gym Closed 15 min.	Soccer Kids Ages 4-6 4:15-5:15 PM	Open Gym Family & Youth (12 yrs. & under) 3:45-4:45 PM	Open Gym/Bball Teens (13-17 yrs.) 3:45-5:45 PM
Gym Closed 15 min.		Gym Closed 15 min.		Soccer Kids Ages 7-11 5:15-6:15 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 6:20-7:25 PM Gym 7:30-8:45 PM Studio B	TEEN CENTER 5-7:30 PM	
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	Gym Closed 30 min.	BASKETBALL LEAGUE Adults (18 yrs.+) (must be a registered player) 6-10PM
Train Like an Athlete 8:15-9PM	Basketball - Open Gym Adult Members 8 -11:55 PM	Soccer - Open Gym Adults (18 yrs.+) 8:30 -11:55PM	Basketball - Open Gym Adult Members 8:45 -11:55 PM	SOCCER LEAGUE Adults (18 yrs.+) 8:30 -11:55 PM	Basketball - Open Gym Adult Members 8 -11:55 PM	
Volleyball (Ages 18+) Open Gym w/ Instructor 9:05 -11:30 PM						

GREENPOINT YMCA 99 MESEROLE AVENUE, BROOKLYN, NY 11222 | YMCANYC.ORG/GREENPOINT | 212-912-2260



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