



DODGE YMCA Gymnasium Schedule

Effective September 3

COURT	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B
M o r n i n g	Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-10:00am		Adult Open Gym 5:30am-9:15am		Adult Open Gym 6:00am-8:00am		Adult Open Gym 7:00am-10:00am	
	Toddler Time 9:00am-9:45am		Grit Cardio 9am-9:30am	CX Worx 9:30-10am	Toddler Time 9:00am-9:45am				Grit Cardio 9:30am-10:00am		Les Mills BodyPump™ 8:00am-9:00am		Toddler Time 10:00am-12:00pm	
	Early Childhood 10:00am-10:45am		Early Childhood 10:00am-10:45am		Early Childhood 9:45am-11:45am		Family Open Gym 10:00am-10:45am		CxWorx 10:05am-10:35am		Grit Cardio 9:10am-9:40am		Family Open Gym 12:00pm-1:00pm	
A f t e r n o o n	Rumble Tumble Xtreme 11:00am-11:45am		Family Open Gym 10:45am-12:00pm	Early Childhood 11:00am-11:45am			AOA Cardio Cond. 10:55am-11:55am		Early Childhood 11:00am-11:45am		Family Open Gym 10:00am-3:00am		Teen Open Gym 1:00pm-3:30pm	
	Adult Open Gym 12:00pm-3:30pm		Adult Open Gym 12:00pm-1:00pm		Adult Open Gym 12:00pm-3:30pm		Adult Open Gym 12:00pm-1:00pm		Adult Open Gym 12:00pm-3:30pm		Family Open Gym 3:30am-6:30pm		Family Open Gym 3:30pm-6:00pm	
			Mary McDowell & Friends 1pm-2:30pm				Mary McDowell & Friends 1pm-2:30pm						Open Gym 3:30pm-6:00pm	
			Adult Open Gym 2:30pm-3:30pm				Adult Open Gym 2:30pm-3:30pm							
	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-5:45pm	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-6:30pm	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-5:15pm	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-6:30pm	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-5:45pm				
Youth Sports 4:30pm-5:15pm		Youth Sports 4:30pm-5:15pm		Youth Sports 4:30pm-5:15pm		Youth Sports 4:30pm-5:15pm		Youth Sports 4:30pm-5:15pm				Adult Volleyball 6:00pm-7:45pm		
Total Body Conditioning 6:00pm-7:00pm		Family Open Gym AGES 7-11 (Parent/Child) 5:15pm-6:15pm		Teen Open Gym 5:15pm-6:15pm		Family Open Gym AGES 7-11 (Parent/Child) 5:15pm-6:15pm		Les Mills BodyPump™ 6:00pm-6:45pm		Adult Open Gym 6:00pm-7:45pm				
Les Mills BodyPump™ 7:00pm-8:00pm		Teen Open Gym 6:30pm-8pm		Les Mills BodyPump™ 6:30pm-7:30pm		Teen Open Gym 6:30pm-8:00pm				Facility Closed 8:00pm		Facility Closed 8:00pm		
Adult Soccer 8:15pm-10:45pm		Adult Basketball 8:00pm-10:45pm		Adult Volleyball 7:45pm-10:45pm		Adult Soccer 8:15pm-10:45pm		Adult Basketball 7:00pm-10:45pm		Dodge YMCA 225 Atlantic Ave. Brooklyn, NY 11201 212.912.2400 ymcanyc.org/dodge				

KEY: HEALTHY LIFESTYLES TEENS PICK-UP ADULT YOUTH & FAMILY *Note: Schedule is subject to change