



YMCA OF GREATER NEW YORK
Where there's a Y, there's a way.

McBurney Y Gym Schedule | Winter 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 :30							
6 :00							
6 :30	5:30 - 9:45 am	5:30 - 9:15 am	5:30 - 9:45 am	5:30 - 9:15 am	5:30 - 9:45 am		
7 :00	Full Court Basketball	Full Court Basketball	Full Court Basketball	Full Court Basketball	Full Court Basketball	7 - 9:30 am Half Court Basketball A	7 - 9:30 am Full Court Basketball A & B
7 :30		A & B					
8 :00	A & B		A & B	A & B	A & B	7 - 9:30 am Open Gym B	
8 :30							
9 :00							
9 :30						Open Gym A	
10 :00		Early Learners Program	Early Learners Program	Early Learners Program	Early Learners Program		Open Gym A
10 :30						Youth Basketball	Half Court Basketball B
11 :00	9:45 am - 2 pm	Youth Programs	9:45 am - 2 pm	9:30 am - 3:30 pm	Youth Programs		
11 :30	Open Gym A		Open Gym A	Open Gym A		Open Gym A	
12 :00	11 am - 2:30 pm	Open Gym A	Open Gym B	12 - 3 pm	Open Gym A		Redeemer Church
12 :30	Open Gym B	12 - 3 pm	Winston Prep B	Open Gym B	12 - 4 pm		11:30 am - 3:30 pm Paddle Ball A
1 :00		Open Gym B			Open Gym B		Birthday Parties* B
1 :30							
2 :00		Afterschool				1 - 6 pm	
2 :30	2 - 6 pm		2 - 6 pm			Paddle Ball A	Family Time B
3 :00	Paddle Ball A	WIHS Y Games A & B	Paddle Ball A	Afterschool	Youth Tumbling		Birthday Parties* A
3 :30							
4 :00		Open Gym		Open Gym	Youth Basketball A & B		
4 :30		Afterschool	YAI B				
5 :00							Open Gym A
5 :30							Family Basketball B
6 :00	Interval Training A & B	Train Like an Athlete A & B	6 - 9 pm	6 - 9 pm	Teen Center A & B	Half Court Basketball A	Open Gym B
6 :30			Open Gym A	Paddle Ball Handball A			
7 :00							Full Court Basketball A & B
7 :30							
8 :00	7:30 - 11 pm	7:30 - 11 pm	Open Gym B	7 - 11 pm			
8 :30	Paddle Ball Handball A	Full Court Basketball A & B					
9 :00			9 - 11 pm	9 - 11 pm			
9 :30			Open Gym A & B	Half Court Basketball A			
10 :00				Volleyball B			
10 :30							

Y AFTERSCHOOL
YOUTH & TEEN PROGRAMS
BIRTHDAY PARTIES
GROUP EXERCISE CLASSES

*When the gym is not reserved for birthday parties, members may enjoy Open Gym time on the courts.