



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

McBurney Y Gym A & B Schedule

as of 1/30/2020

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

Y AFTERSCHOOL
YOUTH & TEEN PROGRAMS
BIRTHDAY PARTIES
GROUP EXERCISE CLASSES

*When the gym is not reserved for birthday parties, Open Gym will be available.