

# the **Y** GYMNASIUM SCHEDULE

## FLUSHING YMCA

as of 08.27.2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM	6:30-8:30 Teen & Adult Basketball	6:30-8:30 Teen & Adult Basketball	6:30-9:00 Teen & Adult Basketball	6:30-8:30 Teen & Adult Basketball	6:30-8:30 Teen & Adult Basketball	YMCA OPENS AT 8:00AM	
8AM							
9AM					9:00-9:50 Total Body	8:00-9:45 Teen & Adult Basketball	8:00-10:00 Teen & Adult Basketball
10AM	9:00-9:50 10:00-10:50 11:00-11:50 AOA Classes *	9:00-9:50 10:00-10:50 11:00-11:50 AOA Classes *		9:00-9:50 10:00-10:50 11:00-11:50 AOA Classes *	10:00-10:50 11:00-11:50 AOA Classes *		10:00-12:00 ½ Family ½ Teen & Adult Basketball
11AM						10:00-10:50 11:00-11:50 12:00-12:50 Basketball Classes \$	
12PM							
1PM	12:20-3:00 Family & Adult Basketball	12:20-3:00 Family & Adult Basketball	9:00-3:00 Family & Adult Basketball	12:20-3:00 Family & Adult Basketball	12:20-3:00 Family & Adult Basketball		12:00-3:00 Teen & Adult Basketball
2PM						1:00-1:50 2:00-2:50 Soccer Classes \$	
3PM						YMCA CLOSING AT 3:00PM	
4PM							
5PM	3:00-7:00 Teen & Adult Basketball	3:00-7:00 Teen & Adult Basketball	3:00-7:00 Teen & Adult Basketball	3:00-7:00 Teen & Adult Basketball	3:00-7:00 Teen & Adult Basketball		
6PM							
7PM							
8PM	7:00 - 8:30 Adult Basketball	7:00 - 8:30 Adult Basketball	7:00 - 8:30 Adult Basketball	7:00 - 8:30 Adult Basketball	7:00 - 8:30 Adult Basketball		



\* Registration required  
\$ Paid programming

Schedule subject to change  
without notice

YMCA CLOSING AT 8:30PM