



GYMNASIUM SCHEDULE

FLUSHING YMCA

as of 07.01.2024

SUMMER

2024

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



* Registration required
\$ Paid programming

Schedule subject to change without notice