




GYMNASIUM SCHEDULE FLUSHING YMCA

as of 09.18.2024

FALL 2024

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|------|--|---|---|--|---|--|---|--|
| 7AM | 6:30-8:30 Teen & Adult Basketball | 6:30-8:30 Teen & Adult Basketball | 6:30-9:00 Teen & Adult Basketball | 6:30-8:30 Teen & Adult Basketball | 6:30-8:30 Teen & Adult Basketball | GYMNASIUM OPENS AT 8:00AM | | |
| 8AM | | | | | | | | |
| 9AM | 9:00-9:50 10:00-10:50 11:00-11:50 Silver Sneakers Classes | 9:00-9:50 Total Body Conditioning * | | 9:00-9:50 10:00-10:50 11:00-11:50 Silver Sneakers Classes | 9:00-9:50 Total Body Conditioning * | 8:00-9:45 Teen & Adult Basketball | 8:00-1:00 Teen & Adult Basketball | |
| 10AM | | 10:00-10:50 11:00-11:50 Silver Sneakers Classes | | | 10:00-10:50 11:00-11:50 Silver Sneakers Classes | 10:00-10:50 11:00-11:50 12:00-12:50 1:00-1:50 2:00-2:50 | | |
| 11AM | | | | | | | 1:00-4:50 ½ Family ½ Teen & Adult Basketball | |
| 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 | Basketball Classes \$ | | |
| 2PM | | | | | | | | |
| 3PM | | 3:00-4:00 Court Closed | | | | | | |
| 4PM | | 4:00-5:15 Teen & Adult Volleyball | | 3:00-5:15 Teen & Adult Basketball | | 3:00-4:50 Teen & Adult Basketball | | |
| 5PM | | | | | | GYMNASIUM CLOSES AT 4:50PM | | |
| 6PM | 3:00-9:50 Teen & Adult Basketball | 5:30-6:20 Soccer Classes \$ | 3:00 - 9:50 Teen & Adult Basketball | 5:30-6:20 Soccer Classes \$ | 3:00 - 9:50 Teen & Adult Basketball |  <p>* Registration required \$ Paid programming</p> | | |
| 7PM | | 6:30-7:20 Boot Camp * | | 6:30-7:20 Boot Camp * | | | | |
| 8PM | | 7:30-9:50 Teen & Adult Basketball | | 7:30-9:50 Teen & Adult Basketball | | | | |
| 9PM | | | | | | | | |
| 10PM | GYMNASIUM CLOSES AT 9:50PM | | | | | | | |

Schedule subject to change
without notice

Gymnasium closed for viewing classes. Pass-through only to cardio room, Dance Studio, TRX Studio ping pong. No waiting for Teen & Adult Basketball in the gymnasium while classes are in session. Spectators of youth programs are permitted to view. Youth under 12 years must be accompanied by a parent or guardian. No food, no drinks, except for water and sports drinks. Belongings must be kept in lockers & not on the floor. Do not distract others when class is in session. Do not reserve spaces. Arrive on time. Have Fun.