



Rockaway YMCA GYM SCHEDULE 1/1 - 1/31/2025



MON	TUE	WED	THU	FRI	SAT	SUN
Open Gym 6:00 AM - 7:45 AM	Open Gym 6:00 AM - 7:45 AM	Open Gym 6:00 AM - 7:45 AM	Open Gym 6:00 AM - 7:45 AM	Open Gym 6:00 AM - 7:45 AM	Pickleball 8:00 AM - 10:00 AM	Pickleball 8:00 AM - 9:45 AM
Pickleball 8:00-11:45 AM	Pickleball 8:00-11:45 AM	Pickleball 8:00-11:45 AM	Pickleball 8:00-11:45 AM	Pickleball 8:00-11:45 AM	Adult Basketball/Pickleball 10:15 AM -12:00 PM	Open Volleyball (1/2 court) 10:00 AM - 12:30 PM
Adult Basketball 12:00-5:00 PM	Adult Basketball 12:00-5:00 PM	Adult Basketball 12:00-4:00 PM	Adult Basketball 12:00-5:00 PM	Adult Basketball 12:00-5:00 PM	Instuctional Basketball 12:15 PM - 2:15 PM	Instuctional Soccer 1/2 court 10:00 AM - 12:30 PM
Teen/family Basketball 5:15 PM - 6:15 PM	Teen/family Basketball 5:15 PM - 6:00 PM	Teen/family Basketball 4:15 PM - 6:15 PM	Teen/family Basketball 5:15 PM - 6:00 PM	Teen/family Basketball 5:15 PM - 7:00 PM	Teen/family Basketball 2:30 PM - 3:30 PM	Adult Basketball 12:45 PM - 2:30 PM
Pickleball 6:30 PM - 8:45 PM	1/2 court reserved 6:00 - 8:00 PM	Adult indoor Soccer 6:30 PM - 8:45 PM	1/2 court reserved 6:00 - 8:00 PM	Adult Basketball 7:15 PM - 8:45 PM	Adult Basketball 3:45 PM - 4:45 PM	Teen/family Basketball 2:45 PM - 4:45 PM
	Adult Basketball 6:15 PM - 8:45 PM	Open Volleyball (1/2 court) 6:30 PM - 8:45 PM	Adult Basketball 6:15 PM - 8:45 PM			
Revised January 1st, 2025					YMCA IS CLOSED AT 9:00 PM	
					Gym Closed Saturday Night Lights Registration Required	Gym Closed 5:00 PM

For more information, contact Miguel De-Guzman at 718-215-6609 X6609 or email mdeguzman@ymcanyc.org