

GYM SCHEDULE

Effective as of June 2025



YMCA OF
GREATER NEW YORK
CROSS ISLAND

MONDAY	START TIME	END TIME
Open Gym - Adult Recreational Basketball 1/2 Court	5:30AM	7:45AM
Pickleball 1/2 Court	5:30AM	7:45AM
Indoor Cycling	8:00AM	8:45AM
Yoga	9:00AM	9:55AM
AOA Cardio Sculpt	10:10AM	10:50AM
Early Childhood Activities <i>*EC staff only</i>	11:00AM	12:00PM
Zumba	12.15PM	1:00PM
Line Dancing	1:15PM	2:00PM
Early Childcare Program Activities	3:00PM	4:00PM
Open Gym-Teen Recreational Basketball 1/2 Court #1	4:15PM	6:00PM
Pickleball - Full court	6:10PM	7:30PM
Open Gym - Adult Recreational Basketball <i>(ages 18+ only)</i>	7:35PM	9:45PM
TUESDAY	START TIME	END TIME
Open -Adult Recreational Basketball <i>(ages 18+ only)</i>	5:30AM	7:30AM
Pickleball	7:45AM	8:50AM
Zumba Gold	9:00AM	9:45AM
Yoga	10:00AM	10:55AM
Early Childhood Activities <i>*EC staff only</i>	11:00AM	1:00PM
Open Gym Adult Recreational Basketball	1:15PM	2:55PM
Open Gym - Family/Teen Recreation (Ages 12-17) - 1/2 Court	3:00PM	5:45PM
Indoor Cycling	6:00PM	6:45PM
Open Gym - Adult Recreational Basketball <i>(ages 18+ only)</i>	7:00PM	9:45PM
WEDNESDAY	START TIME	END TIME
Open Adult Recreational Basketball 1/2 Court	5:30AM	7:45AM
Pickleball 1/2 Court	5:30AM	7:45AM
Picklebal l- Full court	8:00AM	8:55AM
Pilates Mat	9:00AM	9:45AM
AOA Chair Yoga	10:15AM	11:00AM
Early Childhood Activities <i>*EC staff only</i>	11:15AM	1:00PM
Open Gym Adult Recreational Basketball <i>(ages 18+)</i>	1:15PM	2:55PM
Early Childcare Program Activities * EC <i>Afterschool only</i>	3:00PM	4:00PM
Open Gym - Family/Teen Recreation (Ages 12-17) - 1/2 Court	4:10PM	5:50 PM
Pickleball - Full Court	6:00PM	7:30PM
Open Gym Adult Recreational Basketball <i>(ages 18+)</i>	7:35PM	9:45PM
THURSDAY	START TIME	END TIME
Open Adult Recreational Basketball-Full court <i>(age 18+)</i>	5:30AM	7:30AM
Pickleball	7:45AM	8:50AM
AOA Sit Fit Class	9:15AM	10:00AM
AOA Chair Yoga	10:10AM	10:55AM
Early Childhood Activities <i>*EC staff only</i>	11:00AM	12:00PM
Zumba Gold	12:15PM	1:10PM
Open Gym Adult Recreational Basketball <i>(ages 18+)</i>	1:15PM	3:00PM
Open Family Recreation Full Court	3:15PM	4:15PM
Open Teen Recreational Basketball (Ages 12-17) Full Court	4.15PM	5:45PM
Open Family Recreation 1/2 Court - ONLY	6:00PM	7:00PM
Indoor Cycling	7.10PM	7.55PM
Open Gym Adult Recreational Basketball <i>(age 18+)</i>	8.10PM	9.45PM
FRIDAY	START TIME	END TIME
Open Adult Recreational Basketball-1/2 court <i>(age 18+)</i>	5:30AM	7:45AM
Pickleball 1/2 Court	5:30AM	7:45AM
Yoga	8:00AM	9:00AM
Line Dancing	9:10AM	10:10AM
Pickleball Full Court	10:15AM	11:10AM
Early Childhood Activities <i>*EC staff only</i>	11:15AM	1:00PM
Open Gym Adult Recreational Basketball <i>(ages 18+)</i>	1:15PM	3:00PM
Early Childcare Program Activities * EC <i>After school program only</i>	3:00PM	4:00PM
Open Family Recreational Basketball	4:10PM	4:45PM
Open Teen Recreational Basketball <i>(Ages 12-17)</i>	5.00PM	5:45PM
Track and Field (Ages 9-13) <i>*Registration required</i>	6.00PM	7.00PM
Open Adult Recreational Basketball <i>(age 18+)</i>	7.15PM	9.45PM
SATURDAY	START TIME	END TIME
Open Adult Recreational Basketball-Full court <i>(age 18+)</i>	7:00AM	7.40AM
Pickleball - Full court	7.45AM	9.00AM
Family Zumba	9.15AM	10.00AM
Total Body Conditioning	10.10AM	10.55AM
Instructional Basketball (Ages 7-9) <i>*Registration required</i>	11:00AM	12.00PM
Instructional Basketball (Ages 10-12) <i>*Registration required</i>	12:15PM	1:15PM
Instructional Basketball (Ages 5-7) <i>*Registration required</i>	1:30PM	2:30PM
Instructional Basketball (Ages 12-14) <i>*Registration required</i>	1:30PM	2:30PM
Open Gym-Teen Recreational <i>(age 12-17)</i>	2:45PM	4:15PM
Saturday Night Lights* <i>Registration required</i>	4.30PM	9:00PM
SUNDAY	START TIME	END TIME
Open Adult Recreational Basketball-Full court <i>(age 18+)</i>	7:00AM	9:45AM
Instructional Soccer (Ages 5-7) <i>*Registration required</i>	10.00AM	11.00AM
Instructional Soccer (Ages 8-12) <i>*Registration required</i>	11.15AM	12.15PM
Instructional Volleyball (Ages 9-12) <i>*Registration required</i>	1.00PM	2.00PM
Instructional Volleyball (Ages 12-17) <i>*Registration required</i>	2.15pm	3.15PM
<i>Special Olympics</i> 1/2 Court #2	3.30PM	4:45PM
Open Basketball <i>(age 18+)</i> 1/2 Court #1	3.30PM	4:45PM
Open Adult Recreational Basketball <i>(age 18+)</i> - Full Court	4:45PM	5.45PM