

GYM SCHEDULE

WINTER
Jan-26



YMCA OF
GREATER NEW YORK
CROSS ISLAND

MONDAY	START TIME	END TIME
Adult Basketball Open Gym - FULL Court	5:30AM	7:30AM
Pickleball - Full Court	7:40AM	9:00AM
Vinyasa Yoga	9:10AM	9:50AM
AOA Cardio Conditioning	10:10AM	10:50AM
ECC Physical Education - FULL COURT	11:00AM	12:15PM
Zumba	12:20pm	1:10PM
Line Dancing	1:15PM	2:15PM
ECC Physical Education - FULL COURT	3:00PM	4:00PM
Teen Basketball - Open Gym - FULL Court	4:10PM	5:50PM
Pickleball - Full court - RSVP via APP required	6:00PM	7:30PM
Adult Basketball (ages 18+ only) Open Gym	8:35PM	9:45PM
TUESDAY	START TIME	END TIME
Adult Basketball Open - Full Court	5:30AM	7:30AM
Pickleball - Full Court	7:40AM	8:50AM
Zumba	9:00AM	9:45AM
Gentle Yoga	10:00AM	10:50AM
ECC Physical Education - FULL COURT	11:00AM	12:30PM
Adult Basketball Open Gym - FULL Court	12:45PM	2:50PM
Teen Open Gym (Ages 12-17) - 1/2 Court	3:00PM	5:45PM
Indoor Cycling	6:00PM	6:45PM
Total Body Conditioning - *FULL Court*	7:00PM	7:50PM
Adult Basketball (ages 18+ only) Open Gym	8:00PM	9:45PM
WEDNESDAY	START TIME	END TIME
Adult Basketball Open Gym - FULL Court	5:30AM	7:30AM
Pickleball - Full Court	7:40AM	8:50AM
Pilates Mat	9:00AM	9:45AM
AOA Chair Yoga	10:00AM	10:50AM
ECC Physical Education - FULL COURT	11:00AM	12:30PM
Adult Basketball Open Gym - FULL Court	12:45PM	2:50PM
Early Childcare Program Activities	3:00PM	4:00PM
Open Gym - Family/Teen Basketball - 1/2 Court	4:10PM	5:50 PM
Pickleball - Full Court	6:00PM	7:30PM
Adult Basketball (ages 18+ only) Open Gym	7:35PM	9:45PM
THURSDAY	START TIME	END TIME
Adult Basketball Open Gym - FULL Court	5:30AM	7:30AM
Pickleball - Full Court	7:40AM	8:50AM
AOA Sit Fit	9:00AM	9:50AM
Chair Yoga	10:00AM	10:50AM
ECC Physical Education - FULL COURT	11:00AM	12:15PM
Zumba	12:20pm	1:10PM
Adult Basketball Open Gym - FULL Court	1:15PM	2:50PM
Teen Basketball (Ages 12-17) Full Court	3:00PM	4:15PM
Open Gym - Family/Teen Basketball - 1/2 Court	4:15PM	7:00PM

Indoor Cycling	7:10PM	7:55PM
Adult Basketball (ages 18+ only) Open Gym	8:00PM	9:45PM
FRIDAY	START TIME	END TIME
Adult Basketball Open Gym - FULL Court	5:30AM	7:30AM
Yoga - Full Court	8:00am	9:00AM
Line Dancing	9:10AM	10:10AM
Stretching	10:15AM	11:00AM
ECC Physical Education - FULL COURT	11:00AM	12:30PM
Adult Basketball Open Gym - FULL Court	12:45PM	2:50PM
ECC Physical Education - FULL COURT	3:00PM	4:00PM
Open Gym - Family/Teen Basketball - 1/2 Court	4:10PM	5:45PM
Adult Basketball (ages 18+ only) Open Gym	7:15PM	9:45PM
SATURDAY	START TIME	END TIME
Adult Basketball Open Gym - FULL Court	7:00AM	7:40AM
Pickleball - Full court	7:45AM	9:05AM
Family Zumba	9:15AM	10:00AM
Total Body Conditioning	10:10AM	10:55AM
Instructional Basketball (Ages 7-9) *Reg: req:	11:00AM	12:00PM
Instructional Basketball (Ages 10-12)*Reg: req:	12:15PM	1:15PM
Instructional Basketball (Ages 5-7) *Reg: req:	1:30PM	2:30PM
Instructional Basketball (Advanced) *Reg: req:	1:30PM	2:30PM
Teen Basketball (Ages 12-17) Full Court	2:45PM	4:15PM
Saturday Night Lights* Reg: req:	4:30PM	9:00PM
SUNDAY	START TIME	END TIME
Adult Basketball Open Gym - FULL Court	7:00AM	9:45AM
Instructional Soccer (Ages 5-7) *Reg: req:	10:00AM	11:00AM
Instructional Soccer (Ages 8-12) *Reg: req:	11:15AM	12:15PM
Instructional Volleyball (Beginner) *Reg: req:	1:00PM	2:00PM
Instructional Volleyball (Advanced) *Reg: req:	2:15pm	3:15PM
Special Olympics - 1/2 Court #2	3:30PM	4:45PM
Open Basketball (age 18+) - 1/2 Court #1	3:30PM	4:45PM
Open Adult Basketball (age 18+) - Full Court	4:45PM	5:45PM