



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Spring II Session | April 27 - June 21, 2026

as of 3.23.26

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Basketball Ages 18+ 6:30-10:50 AM	Open Gym 6:30-9:45 AM	Open Gym 6:30 -9:45 AM	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 6:30-9:45 AM	Open Gym 8-8:50 AM	Open Gym 8-9:50 AM
	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym closed 10 minutes	
	Gentle Yoga 10 - 10:50 AM Erin C.	Strength Training 10 - 10:50 AM Maddie M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Cond. 10 - 10:50 AM Ali A.	Open Basketball Adults 18+ 9 - 9:50 AM	Gym closed 10 minutes
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	Open Basketball 10 - 10:50 AM
MG &Me Playdate 11 - 11:50 AM	MG &Me Playdate 11 - 11:50 AM	11 - 11:50 AM YMCA	MG &Me Playdate 11 - 11:50 AM	11 - 11:50 AM YMCA	Gym Closed 15 Minutes	Open Basketball 11 - 11:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Instructional Youth Basketball - Interm. Ages 7-12 11:30-12:30 PM	Gym Closed 10 Minutes
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	12 - 12:50 PM YMCA	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM	Gym Closed 30 Minutes	12 - 3:30 PM YMCA
		Gym Closed 10 minutes	Gym Closed 15 minutes			
		1 - 1:50 PM YMCA	Open Pickleball Adults 18+ 1 - 1:45 PM		Circuit Training 1 - 1:50 PM Carlos R.	Gym Closed 15 Minutes
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Afterschool 2-3 PM	Gym Closed 10 minutes	Tennis - Youth Ages 5-8 3:45 - 4:30 PM
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-3 PM	Instructional Youth Soccer Ages3-4 3 - 4 PM	2 - 3 PM YMCA	Tennis - Youth Ages 9-12 4:30 - 5:15 PM
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball -Beginner Ages 4-6 4 - 5 PM	Instructional Tennis Ages 5-8 3:30 - 4:15 PM	Instructional Youth Soccer Ages 5-6 4 - 5 PM	3 - 4:30 PM YMCA	
		Instructional Youth Basketball -Intermediate Ages 7-12 5-6 PM	Instructional Tennis Ages 9-12 4:15 - 5 PM	Instructional Youth Soccer Ages7-12 5 - 6 PM	Gym Closed 30 min.	Bday Party Rentals 5:15-6:15 PM
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 6 - 7:15 PM	Saturday Night Lights—Basketball Teens Ages 11-14 5-7 PM	GYM CLOSED
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Vinyasa Yoga 6:30 - 7:20 PM Erin C.	Gym Closed 30 Minutes	Open Basketball Adults 18+ 7:30-9:45 PM	Saturday Night Lights—Basketball Teens Ages 15-18 7-9 PM	
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Open Badminton Adults 18+ 7:30 - 9:45 PM	Boot Camp/ Jon 6:30 - 7:20 PM			
			Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:45 PM			



GREENPOINT YMCA 99 MESEROLE AVENUE, BROOKLYN, NY 11222 | YMCANYC.ORG/GREENPOINT | 212-912-2260

LIKE US on facebook.com/greenpointymca. Be up to date on class changes, events and special offers. | Need Financial Assistance? JUST ASK!