



# GYM SCHEDULE

Summer Session | June 29–August 23, 2026

as of 5.27.26

\* Schedule changes are noted in red.

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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		
	Gentle Yoga 10-10:50 AM Erin C.	Strength Training 10-10:50 AM Maddie M.	10-10:50 AM YMCA		Total Body Cond. 10-10:50 AM Ali A.		
Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym closed   10 minutes	Open Basketball Adults 18+ 9-9:50 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	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	Open Basketball 10-10:50 AM	
Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   15 Minutes	Open Basketball 11-11:50 AM	
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	Instructional Youth Basketball - Intern. Ages 7-12 11:30-12:30 PM	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
Gym Closed   15 minutes	Gym Closed   15 minutes	Gym Closed   10 minutes	Gym Closed   15 minutes	Gym Closed   30 minutes	Gym Closed   30 Minutes	Gym Closed   15 Minutes	
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-3 PM	Afterschool 2-3 PM	Circuit Training 1-1:50 PM Carlos R.	Tennis - Youth Ages 5-8 3:45-4:30 PM	
		Instructional Youth Basketball - Beginner Ages 4-6 4-5 PM					Instructional Youth Soccer   Ages 3-4 3-4 PM
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball - Intermediat Ages 7-12 5-6 PM	Instructional Youth Ages 5-8 3:30-4:15 PM	Instructional Youth Soccer   Ages 5-6 4-5 PM	2-3 PM YMCA	Tennis - Youth Ages 9-12 4:30-5:15 PM	
		Gym Closed   30 Minutes	Instructional Youth Ages 9-12 4:15-5 PM	Instructional Youth Soccer   Ages 7-12 5-6 PM	3-4:30 PM YMCA	Gym Closed   30 min.	
		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	
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.	Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 6-7:15 PM	Saturday Night Lights—Basketball Teens Ages 15-18 7-9 PM	Bday Party Rentals 5:15-6:15 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 Basketball Adults 18+ 7:30-9:45 PM	Saturday Night Lights—Basketball Teens Ages 15-18 7-9 PM	GYM CLOSED	
			Gym Closed   30 Minutes				Open Volleyball Adults 18+ (Int/ 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!