



GYM SCHEDULE

Fall I Session | Sept 8 – Nov 1, 2026

as of 7.15.26

* 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 10 minutes	
	Gentle Yoga 10 – 10:50 AM Erin C.	Strength Training 10 – 10:50 AM Maddie M.	10 – 10:50 AM YMCA		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 25 minutes	Gym closed 10 minutes
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 – Interm. Ages 7-12 11:30-12:30 PM	12 – 3:30 PM YMCA
		Gym Closed 10 minutes				
		1 – 1:50 PM YMCA				
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	Open Pickleball Adults 18+ 1 – 1:45 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 Basketball –Intermediat Ages 7-12 5-6 PM				
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 30 min.	Bday Party Rentals 5:15-6:15 PM
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Vinyasa Yoga 6:30 – 7:20 PM Erin C.	Afterschool 2-3 PM	Instructional Youth Soccer Ages3-4 3 – 4 PM	2 – 3 PM YMCA	
Strength Training 6:30 – 7:20 PM Ali A.	Circuit Training 6:30 – 7:20 PM Carlos R.	Open Badminton Adults 18+ 7:30 – 9:45 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 Tennis Ages 9-12 4:15 – 5 PM	Instructional Youth Soccer Ages7-12 5 – 6 PM	Gym Closed 30 min.	GYM CLOSED
			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	
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM		Gym Closed 30 Minutes	Open Basketball Adults 18+ 7:30-9:45 PM	Saturday Night Lights—Basketball Teens Ages15-18 7-9 PM	
			Boot Camp/ Jon 6:30 – 7:20 PM			
			Open Volleyball Adults18+ (Int/ Adv) 7:45-9:45 PM			



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