



YONKERS FAMILY YMCA GYMNASIUM SCHEDULE

WINTER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00-9:30AM OPEN GYM	6:00-9:00AM OPEN GYM	6:00-9:30AM OPEN GYM	6:00-9:00AM OPEN GYM	6:00-9:30AM OPEN GYM	CLOSED	CLOSED	
9:30-10:00AM SET UP	9:30AM - 12:00PM FIRST STEP PROGRAM	9:30-10:00AM SETUP	9:30AM - 12:00PM FIRST STEP PROGRAM	9:30-10:00AM SET UP	7:00AM-7:00PM OPEN GYM	7:00-10:00AM OPEN GYM	
10:00-11:00AM SILVER SNEAKERS /AOA		10:00-11:00AM SILVER SNEAKERS /AOA		10:00-11:00AM SILVER SNEAKERS /AOA		10:00-11:00AM SILVER SNEAKERS /AOA	10:00AM - 3:00PM YOUTH BASKETBALL CLINICS
11:00AM- 11:30AM TAKE DOWN		11:00AM- 11:30AM TAKE DOWN		11:00AM- 11:30AM TAKE DOWN		11:00AM- 11:30AM TAKE DOWN	
11:30AM- 3: 00PM OPEN GYM	12:00-12:30PM TAKE DOWN	11:30AM-3:00PM OPEN GYM	12:00-12:30PM TAKE DOWN	11:30AM-3:00PM OPEN GYM		10:00AM - 3:00PM YOUTH BASKETBALL CLINICS	
	12:30-3:00PM OPEN GYM		12:30-3:00PM OPEN GYM				12:30-3:00PM OPEN GYM
3:00-4:30PM CLUBHOUSE	3:00-4:30PM CLUBHOUSE	3:00-4:30PM CLUBHOUSE	3:00-4:30PM CLUBHOUSE	3:00-4:30PM CLUBHOUSE		7:00PM CLOSED	3:00-5:00PM OPEN GYM
4:30-6:00PM SACC	4:30-6:00PM SACC	4:30-6:00PM SACC	4:30-6:00PM SACC	4:30-6:00PM SACC			5:00PM CLOSED
6:00-8:00PM OPEN GYM	6:00-8:00PM OPEN GYM	6:00-8:00PM OPEN GYM	6:00-8:00PM OPEN GYM	6:00-8:00PM OPEN GYM			
8:00PM CLOSED	8:00PM CLOSED	8:00PM CLOSED	8:00PM CLOSED	8:00PM CLOSED			