



OPEN GYMNASIUM SCHEDULE

EFFECTIVE: Tuesday ,SEPTEMBER 6,2011

SUNDAY	
7:30 am – 9:55 am	½ badminton, paddleball – ½ court open
10:00 am – 11:00 am	½ badminton, paddleball – ½ soccer wiggles
11:00 am – 11:30 pm	½ badminton, paddleball – ½ court open
11:30 am – 1:00 pm	Full court basketball (6-8 years old)
1:00 pm – 3:00 pm	Full court basketball (9-13 years old)
3:00 pm – 8:00 pm	Full court open

MONDAY	
7:30 am – 9:00 am	½ paddleball – ½ court open
9:00 am – 10:00 am	Full court open
10:00 am – 11:00 am	Tai Chi (program participants only)
11:00 am – 11:45 am	½ nursery – ½ court open
11:45 pm – 12:30 pm	SS Muscular Strength + Range of Movement
12:30 pm – 1:45 pm	Full court open
2:00 pm – 3:00 pm	Tennis (program participants only)
3:00 pm – 4:00 pm	Full court open
4:00 pm – 4:50 pm	After School
5:00 pm – 6:00 pm	Tennis (8-14 years old)
6:00 pm – 6:30 pm	½ Chavaya HLA – ½ soccer
6:35 pm – 7:00 pm	½ paddleball – ½ soccer
7:00 pm – 8:00 pm	½ paddleball – ½ basketball
8:00 pm – 9:50 pm	Full court soccer

TUESDAY	
7:30 am – 9:00 am	½ paddleball – ½ open
9:00 am – 10:00 am	Full court Jump Start
10:00 am – 11:00 am	Tai Chi (program participants only)
11:00 am – 11:45 am	½ nursery – ½ open
11:45 pm – 12:30 pm	Silver Sneakers Yoga Stretch
12:45 pm – 3:15 pm	Full court open
3:15 pm – 4:15 pm	½ Rishonim – ½ open
4:30 pm – 5:30 pm	Tennis (5-8 years old)
5:30 pm – 6:30 pm	Soccer (program participants only)
6:30 pm – 8:00 pm	Full court Basketball Team
8:00 pm – 9:50 pm	Full court volleyball

WEDNESDAY	
7:30 am – 9:00 am	½ paddleball – ½ court open
9:00 am – 10:00 am	Full court open
10:00 am – 11:00 am	Tai Chi (program participants only)
11:00 am – 11:45 am	½ nursery – ½ court open
11:45 pm – 12:30 pm	SS Muscular Strength + Range of Movement
12:30 pm – 1:45 pm	Full court open
2:00 pm – 3:00 pm	Tennis (program participants only)
3:00 pm – 4:00 pm	Full court open
4:00 pm – 4:50 pm	After School
5:00 pm – 6:00 pm	Tennis (8-14 years old)
6:00 pm – 6:30 pm	½ Chavaya HLA – ½ soccer
6:35 pm – 7:00 pm	½ paddleball – ½ soccer
7:00 pm – 8:00 pm	½ paddleball – ½ basketball
8:00 pm – 9:50 pm	Full court soccer

THURSDAY	
7:30 am – 9:00 am	½ paddleball – ½ open court
9:00 am -10:00 am	Full court Jump Start
10:00 am – 11:00 am	Tai Chi (program participants only)
11:15 am – 12:00 pm	Silver Sneakers Cardio
12:15 pm – 1:15 pm	Arthritis Foundation
1:30 pm – 3:00 pm	Full court open
3:00 pm – 3:50 pm	½ Rishonim – ½ open court
4:00 pm – 5:00 pm	½ tennis – ½ Rhythmic Gymnastics
5:00 pm – 8:00 pm	Full court Rhythmic Gymnastics
8:00 pm – 9:50 pm	Full court volleyball

FRIDAY	
7:30 am – 9:00 am	½ paddleball – ½ court open
9:00 am – 10:00 am	Full court open
10:00 am – 11:00 am	Tai Chi (program participants only)
11:00 am – 11:45 am	½ nursery – ½ court open
11:45 am – 12:30 pm	SS Muscular Strength + Range of Movement
12:45 pm – 4:00 pm	Full court open
4:00 pm – 5:00 pm	Full court After School
5:00 pm – 6:30 pm	Full court basketball team
6:30 pm – 8:30 pm	Full court soccer (program participants only)

FITNESS ROOM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM - 8PM	7:30AM - 10:00AM	7:30AM - 9:50PM	7:30AM - 10:00AM	7:30AM - 9:50PM	7:30AM - 6:30PM
Co-ed	Men Only	Co-ed	Women Only	Co-ed	Co-ed
	10:00AM- 9:50PM		10:00AM - 9:50PM		
	Co-ed		Co-ed		

DAY	MALE	FEMALE
SUNDAY	7:45AM- 7:30PM	7:45AM- 7:30PM
MONDAY	7:45AM- 9:30PM	7:45AM- 9:30PM
TUESDAY	7:45AM- 9:30PM	7:45AM- 9:30PM
WEDNESDAY	7:45AM- 9:30PM	7:45AM- 9:30PM
THURSDAY	7:45AM- 9:30PM	7:45AM- 9:30PM
FRIDAY	7:45AM- 5:30PM	7:45AM- 5:30PM

STEAM AND SAUNA SCHEDULE

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT EUGENE AT (718)648-7703 ext 221
Kings Bay Y reserves the right to make changes to the schedule**