

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 9:00 OPEN GYM	6:00 - 8:00 MEMBER BASKETBALL	6:00 - 8:45 OPEN GYM	6:00 - 8:00 MEMBER BASKETBALL	6:00 - 9:00 OPEN GYM	7:00 - 8:45 OPEN GYM	7:00 - 9:00 OPEN GYM
	8:00 - 9:00 OPEN GYM		8:00 - 9:00 OPEN GYM			
9:00 - 10:15 PRESCHOOL	9:00 - 10:45 PRESCHOOL	9:00 - 10:15 PRESCHOOL	9:00 - 10:45 PRESCHOOL	9:00 - 10:45 PRESCHOOL	9:00 - 11:45 SUPER SOCCER STARS	9:00 - 11:45 ADULT BASKETBALL
10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING	11:00 - 11:45 LOW IMPACT CARDIO & CONDITIONING	10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING	11:00 - 11:45 GROOVE: YOUNG AT HEART W/WEIGHTS	11:00 - 11:55 ZUMBA GOLD		
11:20 - 12:15 SILVER SNEAKERS CLASSIC		11:20 - 12:15 SILVER SNEAKERS STARS				
12:15 - 3:30 ADULT BASKETBALL	12:00 - 3:15 OPEN GYM	12:15 - 3:30 ADULT BASKETBALL	12:00 - 2:45 OPEN GYM	12:00 - 3:30 ADULT BASKETBALL	12:00 - 3:00 MEMBER BASKETBALL	12:00 - 3:30 YOUTH BASKETBALL LEAGUE
3:30 - 5:15 YOUTH BASKETBALL	3:30 - 5:15 YOUTH BASKETBALL	3:30 - 5:15 ADVANCED YOUTH BASKETBALL	3:00 - 5:00 SUPER SOCCER STARS	3:30 - 5:00 OPEN GYM	3:15- 8:45 OPEN GYM	3:30-9:00 MEN'S BASKETBALL LEAGUE
5:15 - 6:00 AFTERSCHOOL	5:15 - 6:00 AFTERSCHOOL	5:15 - 6:00 AFTERSCHOOL	5:15 - 6:00 AFTERSCHOOL	5:00 - 6:00 AFERSCHOOL		
6:00 - 9:45 OPEN GYM	6:00 - 9:00 ADULT BASKETBALL	6:00 - 9:45 WOMEN'S BASKETBALL LEAGUE	6:00 - 9:00 ADULT BASKETBALL	6:15 - 8:30 TEEN BASKETBALL		
	9:00 - 10:00 GYM RENTAL		9:00 to 9:45 OPEN GYM	8:30 - 9:45 OPEN GYM		

Shaded areas indicate open gym for member use. For all other programs, please register at the service desk. For more information about basketball leagues at the 14th Street Y, contact Gil Pagan: gilpagan@ymail.com.