

GYMNASIUM SCHEDULE

FALL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 6:00 – 9:30 AM	OPEN GYM 6:00 – 9:00 AM	OPEN GYM 6:00 – 9:30 AM	OPEN GYM 6:00 – 7:45 AM	OPEN GYM 6:00 – 9:00 AM	OPEN GYM 7:00 – 8:45 AM	OPEN GYM 7:00 – 8:45 AM
GET FIT WITH IVY 10:00 – 11:00 AM	PRESCHOOL 9:00 – 10:15 AM	AEROBICS WITH STRENGTH TRAINING WITH IVY 10:00 – 11:00 AM	TAI CHI WITH ROBERTO 8:00 – 9:00 AM	PRESCHOOL 9:00 – 10:15 AM	BEGINNER OPEN PLAY PICKLEBALL 9:00 – 10:30 AM	MEMBER BASKETBALL 9:00 AM – 12:00 PM
MEMBER BASKETBALL 12:00 – 3:00 PM	BEGINNER OPEN PLAY PICKLEBALL 10:30 AM – 12:00 PM	MEMBER BASKETBALL 12:00 – 3:00 PM	PRESCHOOL 9:00 – 10:30 AM	BEGINNER OPEN PLAY PICKLEBALL 10:30 AM – 12:00 PM	INTERMEDIATE OPEN PLAY PICKLEBALL 10:30 AM – 12:00 PM	HALF-COURT SHOOT-AROUND 12:00 – 2:30 PM
AFTER SCHOOL 3:00 – 6:00 PM	BEGINNER PICKLEBALL INSTRUCTION 11:00 AM – 12:00 PM	AFTER SCHOOL 3:00 – 6:00 PM	OPEN GYM 11:00 AM – 3:00 PM	BEGINNER PICKLEBALL INSTRUCTION 11:00 AM – 12:00 PM	OPEN GYM 12:15 – 2:00 PM	FAMILY PLAY 2:30 – 5:00 PM
ZOG SPORTS BASKETBALL 6:30 – 10:00 PM	BEGINNER/ADVANCED PICKLEBALL INSTRUCTION 12:00 – 1:00 PM	OPEN GYM 6:00 – 7:00 PM	AFTER SCHOOL 3:00 – 6:00 PM	BEGINNER/ADVANCED PICKLEBALL INSTRUCTION 12:00 – 1:00 PM	TEEN BASKETBALL 2:00 – 4:00 PM	OPEN GYM 5:00 – 5:45 PM
	INTERMEDIATE PICKLEBALL INSTRUCTION 1:00 – 2:00 PM	ZOG SPORTS BASKETBALL 7:00 – 10:00 PM	MEMBER BASKETBALL 6:00 – 9:45 PM	INTERMEDIATE PICKLEBALL INSTRUCTION 1:00 – 2:00 PM	OPEN GYM 4:00 – 7:45 PM	ZOG SPORTS BASKETBALL 6:30 – 10:00 PM
	AFTER SCHOOL 3:00 – 6:00 PM			AFTER SCHOOL 3:00 – 6:00 PM		
	MEMBER BASKETBALL 6:00 – 9:00 PM	14Y Members get 20% off Zog Sports Basketball registration: zogsports.com/basketball		TEEN BASKETBALL 6:00 – 8:00 PM		
	PRIVATE BASKETBALL RENTAL 9:00 – 10:00 PM			OPEN GYM 8:00 – 9:45 PM		



344 East 14th Street at 1st Ave
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212-780-0800 | 14StreetY.org

Member Basketball: Organized and supervised full court game play exclusive to 14Y members ages 18 and older.

Open Gym: Basketball game play is limited to half court, the other half is open to 14Y members for other recreational activities. Children 13 and younger must be supervised by an adult.

Pickleball: Instructional classes and open play available for a fee for adults 18 and older. For dates, pricing, and registration, please visit 14StreetY.org/Pickleball

Family Play: Half-court open gym time reserved for families to play sports like soccer or basketball, or just round and have fun. Children must be supervised by an adult at all times.