

GYMNASIUM SCHEDULE

NOVEMBER 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	PICKLEBALL 9:00 – 12:00 PM	MEMBER BASKETBALL 9:00 AM – 12:00 PM
MEMBER BASKETBALL 12:00 – 3:00 PM	PICKLEBALL 10:30 AM – 2:00 PM	MEMBER BASKETBALL 12:00 – 3:00 PM	PRESCHOOL 9:00 – 10:30 AM	PICKLEBALL 10:30 AM – 2:00 PM	OPEN GYM 12:15 – 2:00 PM	HALF-COURT SHOOT-AROUND 12:00 – 2:30 PM
AFTER SCHOOL 3:00 – 6:00 PM	AFTER SCHOOL 3:00 – 6:00 PM	AFTER SCHOOL 3:00 – 6:00 PM	GYM MAINTENANCE 10:30 – 11:30 AM	AFTER SCHOOL 3:00 – 6:00 PM	TEEN BASKETBALL 2:00 – 4:00 PM	FAMILY PLAY 2:30 – 5:00 PM
ZOG SPORTS BASKETBALL 6:30 – 10:00 PM	MEMBER BASKETBALL 6:00 – 9:00 PM	ZOG SPORTS BASKETBALL 6:30 – 10:00 PM	OPEN GYM 11:30 AM – 3:00 PM	TEEN BASKETBALL 6:00 – 8:00 PM	OPEN GYM 4:00 – 7:45 PM	OPEN GYM 5:00 – 7:45 PM
	PRIVATE BASKETBALL RENTAL 9:00 – 10:00 PM		AFTER SCHOOL 3:00 – 6:00 PM	OPEN GYM 8:00 – 9:45 PM		
			MEMBER BASKETBALL 6:00 – 9:45 PM			

14Y Members get 20% off
Zog Sports Basketball registration:
zogsports.com/basketball

344 East 14th Street at 1st Ave
New York, NY 10003
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 details, 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.