

# GYMNASIUM SCHEDULE

# MARCH 2024

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 – 9:00 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	PRESCHOOL 9:00 – 10:30 AM	PRESCHOOL 9:00 – 10:15 AM	PICKLEBALL 9:00 AM – 1:30 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	GYM MAINTENANCE 10:30 – 11:30 AM	PICKLEBALL 10:30 AM – 2:00 PM	HALF-COURT SHOOT-AROUND 12:15 – 1:30 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	PICKLEBALL & HALF-COURT SHOOT 11:30 AM – 2:30 PM	AFTER SCHOOL 3:00 – 6:00 PM	OPEN GYM 1:30 – 2:00 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	AFTER SCHOOL 3:00 – 6:00 PM	TEEN BASKETBALL 6:00 – 8:00 PM	TEEN BASKETBALL 2:00 – 4:00 PM	OPEN GYM 5:00 – 7:45 PM
	PRIVATE BASKETBALL RENTAL 9:00 – 10:00 PM		MEMBER BASKETBALL 6:00 – 9:45 PM	OPEN GYM 8:00 – 9:45 PM	OPEN GYM 4:00 – 7:45 PM	

14Y Members get 20% off Zog Sports Basketball  
registration: [zogsports.com/basketball](https://zogsports.com/basketball)

344 East 14th Street at 1st Ave  
New York, NY 10003  
212-780-0800 | [14StreetY.org](https://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](https://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.