

GYMNASIUM SCHEDULE

FALL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 6:00 – 9:00AM	OPEN GYM 6:00 – 9:00AM	OPEN GYM 6:00 – 8:00AM	OPEN GYM 6:00 – 9:00AM	OPEN GYM 6:00 – 9:15AM	OPEN GYM 7:00 – 9:00AM	OPEN GYM 7:00 – 8:45AM
GET FIT WITH IVY 10:00 – 11:00AM	PRESCHOOL 9:00 – 10:15AM	OPEN GYM 9:00 – 9:30AM	PRESCHOOL 9:00 – 10:15AM	FITNESS FRIDAY'S WITH IVY 10:00 – 11:00AM	PICKLEBALL 9:00AM – 12PM	FULL COURT BASKETBALL 9:00 AM – 12:00PM
PRESCHOOL 11:30AM – 12:15PM	PICKLEBALL 11:00AM – 2:00PM	AEROBICS WITH STRENGTH TRAINING WITH IVY 10:00 – 11:00AM	GYM CLEANING 11:45AM – 12:45PM	PICKLEBALL 11:30AM – 2:00PM	OPEN GYM 12:00 – 3:00PM	ZUMBA 12:30 - 1:20PM
OPEN GYM 12:15 – 3:00PM	AFTERSCHOOL 3:00 – 6:00PM	PICKLEBALL 11:20AM – 2:30PM	OPEN GYM 12:45 – 3:00PM	AFTERSCHOOL 3:00 – 6:00PM	TEEN BASKETBALL 3:00 – 6:00PM	OPEN GYM 1:30 – 3:30PM
AFTERSCHOOL 3:00 – 6:00PM	FULL COURT BASKETBALL 6:00 – 9:00PM	AFTERSCHOOL 3:00 – 6:00PM	AFTERSCHOOL 3:00 – 6:00PM	TEEN BASKETBALL 6:00 – 8:00PM	OPEN GYM 6:00 – 7:30PM	OPEN GYM 3:30 – 6:00PM
ZOG SPORTS BASKETBALL 6:00 – 9:00PM	PRIVATE RENTAL 9:00 – 10:00PM	ZOG SPORTS BASKETBALL 6:00 – 9:00PM	FULL COURT BASKETBALL 6:00 – 9:45PM	OPEN GYM 8:00 – 9:45PM		ZOG SPORTS 6:00 – 9:00PM

344 East 14th Street at 1st Ave
New York, NY 10003
212-780-0800 | 14StreetY.org



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

Full Court Basketball: Organized and supervised full court game play for 14Y members and their guests ages 18 and older.

Open Gym: Basketball game play is limited to half court. The other half is open to 14Y members and their guests for other recreational activities.

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

Teen Basketball : Unsupervised half court basketball open to 14Y Teens and their guests.

Please see the service desk for guest passes. Guests need to bring a photo ID.