



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

White Plains YMCA Gym Schedule

Effective 01/02/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Y reserves the right to use the gym at any time for special events as needed.						
					7:45am-8:45am HIIT	10am-1pm Big League Basketball (Rental)
Boces Gym Court (Rental) 9am-11am		Boces Gym Court (Rental) 9am-11am		Boces Gym Court (Rental) 9am-11am	10am-12pm Youth Programs	1pm-2pm Youth Programs
11am-1pm Child Care	11am-1pm Child Care	11am-1pm Child Care	11am-1pm Child Care	11am-1pm Child Care		
5pm-6pm Child Care	5pm-6pm Child Care 6pm-6:45pm Youth Programs	5pm-6pm Child Care	5pm-6pm Youth Programs	5pm-6pm Youth Programs	KENDO Gym Court (Rental) 4pm-6pm	
6pm—10pm Big League Volleyball (Rental)	6:45pm-10pm Big League Dodgeball (Rental)	6:30pm — 7:15pm Boot Camp 7:15pm– 10pm Big League Volleyball	6:30pm— 7:15pm Body Conditioning 7:15pm-10pm Big League Soccer			