



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

White Plains YMCA Gym Schedule

Effective 11/26/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CHILDCARE HAS USAGE OF GYMNASIUM MONDAY—FRIDAY 8am—6pm						
					8:00am-9:00am 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	9:00am-12:00pm Youth Programs	1:00pm-2:00pm Youth Programs
	6pm-6:45pm Youth Programs		5:15pm-6:00pm Youth Programs	4:45pm-6:00PM Youth Programs	KENDO Gym Court (Rental) 4pm-6pm	
5:30PM—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			