



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREEHOLD FAMILY YMCA GYMNASIUM SCHEDULE April 22-June 23, 2024

(A) GYM LEFT SIDE, (B) GYM RIGHT SIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FULL OPEN GYM	5:00-10:30am 2:00- 4:45pm 6:00-9:00pm	5:00-9:00am 2:00-4:00 pm 6:00-9:00pm	5:00- 10:30am 12:30-6:00pm 8:00-9:00pm	5:00-9:00am 2:00- 5:00pm 8:00-9:00pm	5:00- 10:30am 2:00-4:30pm 6:00-9:00pm	7:00-10:00am 1:00-5:00pm	7:00 -11:00am 1:00-5:00pm
HALF (A) OPEN GYM	10:30-2:00 pm 4:45-6:00 pm	9:00- 10:45am	10:30-12:30pm	9:00-10:45am	10:30-2:00pm 4:30-6:00pm Teens Only (13-17 yrs)	12:00am-1:00pm Teens Only (13-17 yrs)	11:00am-1:00pm Teens Only (13-17 yrs)
HALF (B) OPEN GYM			6:00-8:00pm	5:00-8:00pm	4:30-6:00pm Family Gym	11:00am-1:00pm Family Gym	11:00am-1:00pm Family Gym
PICKLEBALL	12:30-2:00pm (B)	10:45-2:00pm (A & B) 4:00-6:00pm (A & B) Registration Required	6:00-8:00pm (A)	10:45-2:00pm (A & B)	12:30-2:00 pm (B)		
PROGRAM	Senior Fitness (B) 10:30-12:30pm Volleyball Clinic (A) 4:45-6:00pm	Preschool Enrichment (B) 9:00- 10:45am	Senior Fitness (B) 11:30-12:30pm	Preschool Enrichment (B) 9:00-10:45am Basketball Clinic (A) 5:00-7:00pm Adaptive Adult Basketball (A) 7:00-8:00pm	Senior Fitness (B) 10:30-12:30pm		