



Rockaway YMCA
June 25th - July 1st

207 Beach 73rd Street
ARVERNE, NY 11692
(718) 215-6950

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Adult Open Gym Gymnasium YMCA Staff 5:30am - 7:45am	Adult Open Gym Gymnasium YMCA Staff 5:30am - 7:45am	Adult Laps Swim Lap Pool Lanes 3 and 4 5:30am - 3:30pm	Adult Open Gym Gymnasium YMCA Staff 5:30am - 7:45am			Multi Purpose Lap Pool All Lanes 5:30am - 3:30pm
	Adult Laps Swim Lap Pool Lanes 3 and 4 5:30am - 3:30pm	Adult Laps Swim Lap Pool Lanes 2,3,4 5:30am - 3:30pm	Adult Laps Swim Lap Pool Lanes 1 and 2 5:30am - 10:30am	Multi Purpose Lap Pool All Lanes 5:30am - 3:30pm			Adult Laps Swim Lap Pool Lanes 2,3,4 5:30am - 3:30pm
	Adult Laps Swim Lap Pool Lanes 1 and 2 5:30am - 10:30am	Multi Purpose Lap Pool All Lanes 5:30am - 3:30pm	Adult Open Gym Gymnasium YMCA Staff 5:30am - 7:45am	Adult Laps Swim Lap Pool Lanes 2,3,4 5:30am - 3:30pm			Adult Open Gym Gymnasium YMCA Staff 5:30am - 7:45am
		Indoor Cycling Spin Studio Diana S. 5:35am - 6:30am	Indoor Cycling Spin Studio Diana S. 5:35am - 6:30am	Indoor Cycling Spin Studio Lisa G. 5:45am - 6:30am			Indoor Cycling Spin Studio Diana S. 5:45am - 6:30am
7am		Hatha Yoga Studio Ruth G. 7am - 7:45am			Yoga Core Flow Studio Christina . 7am - 7:50am	Adult Laps Swim Activity Pool Lanes 1 and 2 7am - 1pm	
					Adult Open Gym Gymnasium -- 7am - 8am	Pool Closed Activity Pool -- 7am - 11am	
					Adult Laps Swim Lap Pool Lane 3 7am - 8pm	Adult Open Gym Gymnasium -- 7am - 10am	
					Lap Swimming Lap Pool All Lanes 7am - 9am	Adult Laps Swim Lap Pool Lanes 3 and 4 7am - 8pm	
					Pool Closed Activity Pool -- 7am - 8:30am		
8am	Pickleball Gymnasium YMCA Staff 8am - 9:20am	Pickleball Gymnasium YMCA Staff 8am - 9:20am	Pickleball Gymnasium YMCA Staff 8am - 9:20am	Gentle Yoga Studio Ruth G. 8am - 9am	Total Body Conditioning Studio Barbara P. 8am - 8:50am	TRX Suspension Training Multipurpose Room 2 YMCA Staff 8am - 9am	Pool Closed Activity Pool -- 8am - 9:30am
	Stretching Studio Sophia . 8am - 8:50am	Pool Closed Activity Pool -- 8am - 9:30am	Stretching Studio Nadia O. 8am - 8:50am	Pickleball Gymnasium YMCA Staff 8am - 9:20am	Pickleball Gymnasium YMCA Staff 8:15am - 10:15am	Indoor Cycling Spin Studio Jomarya S. 8am - 8:50am	Pickleball Gymnasium YMCA Staff 8am - 9:20am
	Pool Closed Activity Pool -- 8am - 9:30am	Cycling Spin Studio Barbara P. 8am - 9am	Pool Closed Activity Pool -- 8am - 9:30am	Indoor Cycling Spin Studio Jomarya S. 8am - 9:15am	Youth Swim Instruction Activity Pool YMCA Staff 8:30am - 1pm		Core Conditioning Studio Jomarya S. 8:15am - 8:45am
		Hatha Yoga Studio Ruth G. 8am - 9:10am		Pool Closed Activity Pool -- 8am - 9:30am			Hatha Yoga Studio Ruth G. 8:50am - 9:55am

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
9am	Zumba® Studio Sophia . 9am - 9:50am	Silver Sneakers Classic Studio Annie F. 9:15am - 10am	Zumba® Studio Nadia O. 9am - 9:50am	Chair Yoga Studio Ruth G. 9am - 9:45am	Pilates Mat Studio Nadia O. 9am - 9:50am	Kettlebells Studio Jomarya S. 9am - 9:50am	Indoor Cycling Spin Studio Jomarya S. 9am - 9:50am
	Water Aerobics Activity Pool Justin F. 9:30am - 10:30am	Water Aerobics Activity Pool Justin F. 9:30am - 10:30am	Little Tykes Gymnasium YMCA Staff 9:30am - 10:20am	Little Tykes Gymnasium YMCA Staff 9:30am - 10:20am	Youth Swim Instruction Lap Pool Lanes 1,2 and 4 9am - 1pm		School Groups Activity Pool YMCA Staff 9:30am - 3:30pm
	Adult Swim Class Activity Pool YMCA Staff 9:30am - 10:30am	Adult Swim Class Activity Pool YMCA Staff 9:30am - 10:30am	Adult Swim Class Activity Pool YMCA Staff 9:30am - 10:30am	School Groups Activity Pool YMCA Staff 9:30am - 3:30pm	Indoor Cycling Spin Studio Barbara P. 9am - 9:50am		Little Tykes Gymnasium YMCA Staff 9:30am - 10:20am
	Little Tykes Gymnasium YMCA Staff 9:30am - 10:20am	Little Tykes Gymnasium YMCA Staff 9:30am - 10:20am	Water Aerobics Activity Pool Mary Lou I. 9:30am - 10:30am				
10am	Pilates Mat Studio Sophia . 10am - 10:50am	Indoor Cycling Spin Studio Jomarya S. 10am - 10:50am	Pilates Mat Studio Nadia O. 10am - 10:50am	Step Studio Annie F. 10am - 10:40am	Indoor Cycling Spin Studio Drew . 10am - 10:50am	Vinyasa Yoga Studio Christine . 10am - 11:15am	Total Body Conditioning Studio Jomarya S. 10:05am - 10:50am
	Adult Swim Class Lap Pool Lanes 1 and 2 10:30am - 11:30am	Master Fitness Complete Studio Annie F. 10:10am - 11am	School Groups Activity Pool YMCA Staff 10:30am - 2:30pm	Pickleball Gymnasium YMCA Staff 10:30am - 12:15pm	Total Body Conditioning Studio Lisa G. 10:30am - 11:30am	Indoor Cycling Spin Studio Drew . 10am - 10:50am	Pickleball Gymnasium YMCA Staff 10:30am - 12:15pm
	Pickleball Gymnasium YMCA Staff 10:30am - 12:15pm	Adult Programs Lap Pool Lanes 1 and 2 10:30am - 11:30am	Adult Swim Class Lap Pool Lanes 1 and 2 10:30am - 11:30am	Total Body Conditioning Studio Jomarya S. 10:45am - 11:30am	Little Tykes Gymnasium YMCA Staff 10:30am - 11:30am	Adult Basketball Gymnasium -- 10am - 2pm	
	School Groups Activity Pool YMCA Staff 10:30am - 2:30pm	Swim Instruction Activity Pool Melissa R. 10:30am - 11am	Pickleball Gymnasium YMCA Staff 10:30am - 12:15pm				
		Pickleball Gymnasium YMCA Staff 10:30am - 12:15pm					
11am	Indoor Cycling Spin Studio Jennifer . 11am - 11:45am	School Groups Activity Pool YMCA Staff 11am - 2:30pm	Silver Sneakers Yoga Studio YMCA Staff 11am - 11:45am	Core Training Studio Jomarya S. 11:40am - 12:30pm	Tai Chi Studio David D 11:40am - 12:40pm	Adult Martial Arts Multipurpose Room 2 YMCA Staff 11am - 12pm	
	Silver Sneakers Classic Studio Noel E. 11am - 11:45am	Aqua Exercise - Deep Water Activity Pool Justin F. 11am - 12pm	Adult Laps Swim Lap Pool Lanes 1 and 2 11:30am - 3:30pm		Zumba® Gymnasium Lisa G. 11:45am - 12:45pm	Youth and Family Swim/ Private Lesson Lane - Grpt Activity Pool YMCA Staff 11am - 4pm	

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	Aqua Exercise - Deep Water Activity Pool Melissa R. 11am - 12pm	Pilates Studio Jennifer . 11:10am - 12pm				Family Recreational Swim Activity Pool 11am - 4pm	
	Adult Laps Swim Lap Pool Lanes 1 and 2 11:30am - 3:30pm					Gentle Yoga Studio Christine . 11:15am - 12:30pm	
12pm	Meditation Studio Jennifer . 12pm - 12:50pm	Meditation Studio Jennifer . 12pm - 12:50pm	Silver Sneakers Cardio Studio YMCA Staff 12pm - 12:50pm	Silver Sneakers Classic Studio Christina . 12:45pm - 1:30pm	Silver Sneakers Classic Studio Noel E. 12:50pm - 1:40pm	Teen Swim Lap Pool -- 12pm - 3pm	Chair Yoga Studio Denise L. 12:10pm - 1pm
	Adult Basketball Gymnasium YMCA Staff 12:30pm - 3pm					Parent and Child Yoga Multipurpose Room 2 Alyssa . 12:45pm - 1:30pm	
1pm		Classic Barre® Studio Elena L. 1pm - 1:30pm	Silver Sneakers Classic Studio Noel E. 1pm - 1:45pm		Family Recreational Swim Activity Pool 1pm - 4pm	Teen Swim Lap Pool Lanes 1 and 2 1pm - 3pm	Silver Sneakers Classic Studio TBA . 1:10pm - 2pm
		Dance Movement Studio Elena L. 1:40pm - 2:30pm			Double Dutch Spin Studio Lisa G. 1pm - 2pm		
					Teen Swim Lap Pool Lanes 1 and 2 1pm - 3pm		
					Adult Laps Swim Lap Pool Lane 4 1pm - 8pm		
					Fast Break Basketball Gymnasium YMCA Staff 1pm - 3:30pm		
2pm	Youth Swim Instruction Activity Pool YMCA Staff 2:30pm - 5:30pm	Gentle Yoga Studio Elena L. 2pm - 3:20pm	Youth Swim Instruction Activity Pool YMCA Staff 2:30pm - 5:30pm			Zumba Studio Anna . 2pm - 2:50pm	
		Youth Swim Instruction Activity Pool YMCA Staff 2:30pm - 5:30pm				Family Time Gymnasium -- 2pm - 3:30pm	

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		Yoga - Gentle/ Restorative Multipurpose Room 2 Elena L. 2:40pm - 4pm					
3pm	Youth Aquatic Lessons Lap Pool Lanes 1 and 2 3:30pm - 7:30pm	Youth Swim Instruction Lap Pool Lanes 1 and 2 3:30pm - 7:30pm	Adult Laps Swim Lap Pool Lane 3 3:30pm - 10pm	Adult Laps Swim Lap Pool Lane 3 3:30pm - 10pm	Adult Laps Swim Lap Pool Lanes 1 and 2 3pm - 8pm	Zumba 101 Studio Anna . 3pm - 3:40pm	Parent and Child Yoga Studio Alyssa . 3:15pm - 4pm
	Youth Swim Instruction Lap Pool Lanes 1 and 2 3:30pm - 7:30pm	Youth Swim Instruction Lap Pool Lane 4 3:30pm - 7:30pm	Youth Aquatic Lessons Lap Pool Lanes 1 and 2 3:30pm - 7:30pm	Youth Swim Instruction Lap Pool Lanes 1 and 2 3:30pm - 7:30pm	Family Time Gymnasium -- 3:30pm - 4:30pm	Adult Laps Swim Lap Pool Lanes 1 and 2 3pm - 8pm	Youth Swim Instruction Lap Pool Lanes 1 and 2 3:30pm - 7:30pm
	Adult Laps Swim Lap Pool Lane 3 3:30pm - 10pm	Adult Laps Swim Lap Pool Lane 3 3:30pm - 10pm	Youth Swim Instruction Lap Pool Lane 4 3:30pm - 8pm	Youth Swim Instruction Lap Pool Lane 4 3:30pm - 7:30pm		Teen Recreation 12-17 Gymnasium YMCA Staff 3:30pm - 6pm	Youth Swim Instruction Activity Pool YMCA Staff 3:30pm - 5:30pm
	Youth Swim Instruction Lap Pool Lane 4 3:30pm - 8pm	Teen Recreation 12-17 Gymnasium YMCA Staff 3:45pm - 7:45pm	Youth Swim Instruction Lap Pool Lanes 1 and 2 3:30pm - 7:30pm	Youth Swim Instruction Activity Pool YMCA Staff 3:30pm - 5:30pm		Zumba Kids Studio Anna . 3:45pm - 4:30pm	Adult Laps Swim Lap Pool Lane 3 3:30pm - 10pm
			Teen Recreation 12-17 Gymnasium YMCA Staff 3:45pm - 7:45pm	Teen Recreation 12-17 Gymnasium YMCA Staff 3:45pm - 4:45pm			Youth Swim Instruction Lap Pool Lane 4 3:30pm - 7:30pm
							Teen Recreation 12-17 Gymnasium YMCA Staff 3:45pm - 4:45pm
4pm				Fit Kids Studio Nadia O. 4:15pm - 5pm	Pool Rental Activity Pool YMCA Staff 4pm - 7pm	Pool Rental Activity Pool YMCA Staff 4pm - 7pm	Tumbling Studio YMCA Staff 4pm - 5:30pm
					Teen Recreation 12-17 Gymnasium YMCA Staff 4:30pm - 6pm		
5pm	Hip Hop Studio YMCA Staff 5pm - 6pm	Slide Time Activity Pool YMCA Staff 5:30pm - 6pm	Classic Barre® Studio Alyssa . 5pm - 5:50pm	Indoor Soccer Gymnasium YMCA Staff 5pm - 6pm			Indoor Soccer Gymnasium YMCA Staff 5pm - 6pm
	Family Recreational Swim Activity Pool 5:30pm - 7pm	Family Recreational Swim Activity Pool 5:30pm - 7pm	Family Recreational Swim Activity Pool 5:30pm - 7pm	Slide Time Activity Pool YMCA Staff 5:30pm - 6pm			Family Recreational Swim Activity Pool 5:30pm - 7pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
6pm	Slide Time Activity Pool YMCA Staff 5:30pm - 6pm		Slide Time Activity Pool YMCA Staff 5:30pm - 6pm	Family Recreational Swim Activity Pool 5:30pm - 7pm			Slide Time Activity Pool YMCA Staff 5:30pm - 6pm
	Total Body Studio Nadia O. 6pm - 6:50pm	Interval Boot Camp Studio TBA . 6pm - 6:50pm	Pilates Studio Nadia O. 6pm - 6:50pm	Kettlebells Studio Declan J. 6pm - 6:50pm	Adult Open Gym Gymnasium YMCA Staff 6pm - 7:30pm	Adult Open Gym Gymnasium -- 6pm - 7:45pm	Classic Barre® Studio Alyssa . 6pm - 6:50pm
	Teen Swim Lap Pool Lanes 1 and 2 6pm - 6:30pm		Teen Swim Lap Pool Lanes 1 and 2 6pm - 6:30pm	Teen Recreation 12-17 Gymnasium YMCA Staff 6:15pm - 7:45pm			Teen Recreation 12-17 Gymnasium YMCA Staff 6:15pm - 7:45pm
7pm	Indoor Cycling Spin Studio Drew . 6:30pm - 7:30pm		Indoor Cycling Spin Studio Jomarya S. 6:30pm - 7:15pm				
	Aqua Exercise Activity Pool Nadia O. 7pm - 7:50pm	Total Body Studio TBA . 7pm - 7:45pm	Vinyasa Yoga Studio Thai J. 7pm - 8pm	Boot Camp Studio Declan J. 7pm - 7:50pm			Open Level Flow Yoga Studio Christine . 7pm - 8pm
	Yoga - Vinyasa Flow Studio Thai J. 7pm - 8:15pm	Adult Swim Class Lap Pool Lanes 1 and 2 7:30pm - 8:30pm	Aqua Exercise Activity Pool TBA . 7pm - 8pm	Adult Swim Class Lap Pool Lanes 1 and 2 7:30pm - 8:30pm			Adult Swim Class Lap Pool Lanes 1 and 2 7:30pm - 8:30pm
	Boxing Bootcamp Gymnasium Drew . 7:30pm - 8:20pm	Indoor Cycling Spin Studio Drew . 7:30pm - 8:15pm	Zumba® Multipurpose Room 2 Nadia O. 7pm - 7:50pm				
		Total Body Conditioning Studio Lisa G. 7:45pm - 8:30pm					
8pm	Adult Basketball Gymnasium YMCA Staff 8pm - 9:45pm	Pickleball Gymnasium YMCA Staff 8pm - 9:45pm	Adult Laps Swim Lap Pool Lanes 1,2 and 4 8pm - 10pm	Zumba® Studio Lisa G. 8pm - 9pm	Pool Closed Lap Pool -- 8pm - 8:30pm	Pool Closed Lap Pool -- 8pm - 8:30pm	Adult Basketball Gymnasium YMCA Staff 8pm - 9:45pm
	Adult Laps Swim Lap Pool Lanes 1,2 and 4 8pm - 10pm	Adult Laps Swim Lap Pool Lanes 1 and 2 8:30pm - 10pm	Adult Basketball Gymnasium YMCA Staff 8pm - 9:45pm	Adult Soccer Open Gym Gymnasium -- 8pm - 9:50pm			Zumba® Studio Michelle R. 8:05pm - 8:55pm
	Boot Camp Studio Kevin A. 8:20pm - 9:15pm	Zumba® Studio Lisa G. 8:45pm - 9:45pm	Total Body Conditioning Studio Kevin A. 8:10pm - 9:10pm	Adult Laps Swim Lap Pool Lanes 1 and 2 8:30pm - 10pm			Meditation Multipurpose Room 2 Christine . 8:15pm - 9pm
	Adult Laps Swim Lap Pool Lanes 1 and 2 8:30pm - 10pm		Adult Laps Swim Lap Pool Lanes 1 and 2 8:30pm - 10pm				Adult Laps Swim Lap Pool Lanes 1 and 2 8:30pm - 10pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
9pm							Zumba® Studio Michelle R. 9pm - 9:45pm
10pm	Pool Closed Lap Pool --- 10pm - 11pm	Pool Closed Lap Pool --- 10pm - 11pm	Pool Closed Lap Pool --- 10pm - 11pm	Pool Closed Lap Pool --- 10pm - 11pm			Pool Closed Lap Pool --- 10pm - 11pm

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