


GYMNASIUM SCHEDULE

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 6:00 – 9:00 AM	OPEN GYM 6:00 – 11:00 AM	OPEN GYM 6:00 – 9:30 AM	OPEN GYM 6:00 – 10:30 AM	OPEN GYM 6:00 – 9:15 AM	OPEN GYM 7:00 – 10:15 AM	OPEN GYM 7:00 – 8:45 AM
GET FIT WITH IVY 10:00 – 11:00 AM	PICKLEBALL 11:30 AM – 2:00 PM	AEROBICS WITH STRENGTH TRAINING WITH IVY 10:00 – 11:00 AM	GYM MAINTENANCE 10:30 – 11:30 AM	FITNESS FRIDAY'S WITH IVY 10:00 – 11:00 AM	PICKLEBALL 10:15AM – 2PM PM	MEMBER BASKETBALL 9:00 AM – 12:00 PM
OPEN GYM 12:00 – 6:00 PM	OPEN GYM 2:15 – 6:00 PM	OPEN GYM 11:45 AM – 6:00 PM	OPEN GYM 11:30 AM – 6:00 PM	PICKLEBALL 11:30 AM – 2:00 PM	OPEN GYM 2:00 – 3:00 PM	ZUMBA 12:30-1:20
ZOG SPORTS BASKETBALL 6:30 – 10:00 PM	MEMBER BASKETBALL 6:00 – 9:45 PM	ZOG SPORTS BASKETBALL 6:30 – 10:00 PM	MEMBER BASKETBALL 6:00 – 9:45 PM	OPEN GYM 2:00 – 6:00 PM	TEEN BASKETBALL 3:00 – 6:00 PM	OPEN GYM 1:30-7:45
	PRIVATE RENTAL 9:00 – 10:00 PM			TEEN BASKETBALL 6:00 – 8:00 PM	OPEN GYM 6:00 – 7:30 PM	
14Y Members get 20% off Zog Sports Basketball registration: zogsports.com/basketball					OPEN GYM 8:00 – 9:45 PM	344 East 14th Street at 1st Ave New York, NY 10003 212-780-0800 14StreetY.org

Member Basketball: Organized and supervised full court game play exclusive to 14Y members ages 18 and older.

Member Open Gym: Basketball game play is limited to half court, the other half is open to 14Y members for other recreational activities. Children 12 and younger must be supervised by an adult.

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

Teen Basketball : Unsupervised half court basketball open to 14Y Teen Members only.