


GYMNASIUM SCHEDULE

FALL 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|---|---|---|
| OPEN GYM 6:00 – 9:00AM | OPEN GYM 6:00 – 9:00AM | OPEN GYM 6:00 – 8:00AM | OPEN GYM 6:00 – 9:00AM | OPEN GYM 6:00 – 9:15AM | OPEN GYM 7:00 – 9:00AM | OPEN GYM 7:00 – 8:45AM |
| GET FIT WITH IVY 10:00 – 11:00AM | PRESCHOOL 9:00 – 10:15AM | OPEN GYM 9:00 – 9:30AM | PRESCHOOL 9:00 – 10:15AM | FITNESS FRIDAY'S WITH IVY 10:00 – 11:00AM | PICKLEBALL 9:00AM – 12PM | FULL COURT BASKETBALL 9:00 AM – 12:00PM |
| PRESCHOOL 11:30AM – 12:15PM | PICKLEBALL 10:30AM – 2:00PM | AEROBICS WITH STRENGTH TRAINING WITH IVY 10:00 – 11:00AM | GYM CLEANING 11:45AM – 12:45PM | PICKLEBALL 12:00 – 1:30PM | OPEN GYM 12:00 – 3:00PM | ZUMBA 12:30 - 1:20PM |
| OPEN GYM 12:15 – 3:00PM | AFTERSCHOOL 3:00 – 6:00PM | PICKLEBALL 11:30AM –2:30PM | OPEN GYM 12:45 – 3:00PM | OPEN GYM 1:30 – 3:00PM | TEEN BASKETBALL 3:00 – 6:00PM | OPEN GYM 1:30 – 9:00PM |
| AFTERSCHOOL 3:00 – 6:00PM | FULL COURT BASKETBALL 6:00 – 9:00PM | AFTERSCHOOL 3:00 – 6:00PM | AFTERSCHOOL 3:00 – 6:00PM | AFTERSCHOOL 3:00 – 6:00PM | OPEN GYM 6:00 – 7:30PM | |
| PICKLEBALL 6:30 – 8:30PM Through Dec. 23 | PRIVATE RENTAL 9:00 – 10:00PM | ZOG SPORTS BASKETBALL 6:00 – 9:00PM <i>Through Dec. 18</i> | FULL COURT BASKETBALL 6:00 – 9:45PM | TEEN BASKETBALL 6:00 – 8:00PM |  | |
| OPEN GYM 8:30-9:45 PM | 14Y Members get 20% off Zog Sports Basketball registration: zogsports.com/basketball | | | OPEN GYM 8:00 – 9:45PM | 344 East 14th Street at 1st Ave New York, NY 10003 212-780-0800 14StreetY.org | |

Full Court Basketball: Organized and supervised full court game play for 14Y members and their guests ages 18 and older.

Open Gym: Basketball game play is limited to half court. The other half is open to 14Y members and their guests for other recreational activities.

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

Teen Basketball : Unsupervised half court basketball open to 14Y Teens and their guests.

Please see the service desk for guest passes. Guests need to bring a photo ID.