

GCY
Eden YMCA Offerings
Sept 2025 - May 2026



Group Name	Eden YMCA	Rockingham High School	Saturdays at Eden YMCA
Makos 1	M/T/Th 5:30-6:15p	W 5:30-6:15p	8:00-9:00a
Makos 2	M/T/Th 5:30-6:15p	W 5:30-6:15p	8:00-9:00a
MakosFit (swimmers may come 2 of the 5 week days)	M, T & Th 6:45-7:45p	W: 6:45-7:45p F: 6:00-7:00p	9:00-10:00a
Age Group	M, T & Th 5:30-6:30p	W 5:30-6:30p	8:00-9:00a
Senior Prep	M, T & Th 6:15-7:45p	W: 6:15-7:45p F: 5:30-7:00p	9:00-10:00a
National	M, T & Th 6:15-7:45p	W: 6:15-7:45p F: 5:30-7:00p	9:00-10:00a

Eden YMCA
301 S Kennedy St
Eden, NC

Rockingham Co High School
180 High School Rd
Wentworth, NC