

Spring II Gym Schedule April 23rd - June 10th

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2		
OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM							
8:00- 8:45AM SILVER SNEAKERS CARDIO Jenn		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Cheryl		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Polly		OPEN GYM 6:00-8:00AM		OPEN GYM 6:00AM - 3:00PM			
9:15-10:15AM TOTAL BODY CONDITIONING Diane		9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele		9:15-10:15AM BODY SCULPT Polly		9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele		9:15-10:15AM SCULPT & STRENGTH Polly		Unified Soccer 11:00AM-12:00PM					
OPEN GYM 10:30AM -12:00PM		10:30-11:30AM SILVER SNEAKERS I Michele		REC BASKETBALL 10:30AM-2:00PM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		Pickle Ball 10:30-12:00PM		Kinder Sports 10:30-11:15AM				OPEN GYM 5:00PM	
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM				REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		Basketball Academy 12:30-1:30PM			
OPEN GYM 2:00 -7:00PM		OPEN GYM 2:00 -4:00PM		Open Gym 2:00PM-4:15PM				OPEN GYM 2:00- 4:00PM							
				Kinder Sports 4:15 -5:00		Open Gym 4:30- 6:00PM		Open Gym 2:00 -4:30		Kinder Sports 4:00 -4:45PM					
		Gymnastic Practice 5:00- 6:00PM		Kinder Sports 4:15P -5:00P		Open Gym 4:15P-5:00P		Open Gym 4:30- 6:00PM		Gymnastic Practice 4:30- 6:00PM		DUNKERS 4:45-5:30PM Falecia		FAMILY GYM 5:00-5:55PM	
OPEN GYM 9:00-9:55PM		OPEN GYM 4:00-9:55PM		Open Gym 5:00- 6:00PM		Gymnastic Practice 5:00- 5:45PM		PICKLEBALL 18+		OPEN VOLLEYBALL 6:15-9:30PM 18+		FAMILY GYM 5:35 - 9:55PM			
VOLLEYBALL 6:15-9:55PM 18+		LITTLE DUNKERS 6:00 - 6:45PM Joe		OPEN GYM 8:45 -9:55PM		OPEN GYM 9:00-9:55PM						FAMILY GYM 5:35 - 9:55PM			
Family Gym 8:00 - 9:00PM												FAMILY GYM 5:35 - 9:55PM			
<p>Ocean Community YMCA Westerly-Pawcatuck Branch 401-596-2894 oceancommunityymca.org Spring Hours: M-F 5:00AM-10PM, S & S 6:00AM-6:00PM Schedule is subject to change for Y events.</p>															
Revised 2-5-18															