

SUMMER 1 Gym Schedule June 23rd- July 28th

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		OPEN GYM 6:00-12:00PM		OPEN GYM 6:00-8:30		
8:00- 8:45AM Family Fit Diane and Jordan		8:00-8:45AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		7:45-8:45AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-9:00AM SILVER SNEAKERS CARDIO Polly						
9:00-10:00AM 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 Tina		9:15-10:15AM SCULPT & STRENGTH Polly						
OPEN GYM 10:15AM -12:00PM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Michele		10:30-11:45AM ZUMBA Tina		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Yvonne		Pickle Ball 10:15-12:00PM	SPORTS GALORE 10:30-11:15AM Mario	OPEN GYM 12:00-3:00PM		MENS BBALL LEAGUE 18+ 8:30am-1:00pm **(Up until August 19th)		
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 11:30-2:00PM		REC BASKETBALL 11:50-2:00PM		REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM						FAMILY GYM 12:00-1:30PM
OPEN GYM 2:00 -7:00PM		OPEN GYM 2:00-4:15PM	OPEN GYM 2:00-7:00PM	OPEN GYM 2:00-4:00PM	OPEN GYM 2:00-6:00PM	OPEN GYM 2:00- 6:00PM	OPEN GYM 2:00- 6:00PM	OPEN GYM 2:00-4:15PM	OPEN GYM 2:00-4:45PM					FAMILY GYM 3:00-6:00PM
		SPORTS GALORE 4:15 -5:00PM Mario		FLOOR HOCKEY4:00-5:00		SPORTS GALORE 4:15 -5:00PM Mario		SPORTS GALORE 4:15 -5:00PM Mario		LIL DUNKERS 4:45-5:30PM				
FAMILY GYM 7:00-9:00PM	OPEN VOLLEYBALL 18+ 7:00-9:55PM	GYMNASTIC PRACTICE 5:30-6:30PM	GYMNASTIC PRACTICE 5:30-6:30PM	GYMNASTIC PRACTICE 5:30-6:30PM	OPEN GYM 6:45-8:45PM	FAMILY GYM 6:00-8:45PM	PICKLE BALL 6:00-9:00 18+	OPEN GYM 5:00-9:50	BIG DUNKERS 5:30-6:15	Ocean Community YMCA Westerly-Pawcatuck Branch 401-596-2894 oceancommunityymca.org FALL HOURS: M-F 5:00AM-10PM, S & S 6:00AM-6:00PM Schedule is subject to change for Y events. Revised 4/29/19				
OPEN GYM 9:00-9:55PM		OPEN GYM 6:00-9:55PM	FAMILY GYM 7:00- 9:55PM	OPEN GYM 8:45-9:55PM		OPEN GYM 6:45-8:45PM	FAMILY GYM 6:00-8:45PM	OPEN GYM 6:00-9:00 18+	OPEN GYM 9:00-9:55PM					OPEN VOLLEYBALL 6:15-9:30 18+