

# FALL 2 Gym Schedule October 29 - December 23

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 6:00-8:00AM		OPEN GYM 6:00-9:00AM			
8:00- 8:45AM SILVER SNEAKERS CARDIO Jenn		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Nichole		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-9:00AM SILVER SNEAKERS CARDIO Polly		YBL GAMES 8:00-12:00PM	YBL GAMES 8:00-12:00PM				
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 Nichole		9:15-10:15AM SCULPT & STRENGTH Polly							
OPEN GYM 10:30AM -12:00PM		10:30-11:30AM SILVER SNEAKERS I Kathleen		REC BASKETBALL 10:30-2:00PM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		OPEN GYM 10:15-12:00PM	SPORTS GALORE 10:30-11:15AM Nick	OPEN GYM 12:00-1:00PM					
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 11:30-2:00PM				REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM				OPEN GYM 12:00-6:00pm			
OPEN GYM 2:00 -6:00PM		OPEN GYM 2:00-4:15PM		OPEN GYM 2:00-4:15PM	OPEN GYM 2:00-6:00PM		OPEN GYM 4:30- 6:00PM	OPEN GYM 2:00 -4:30PM	OPEN GYM 2:00-4:00PM		FAMILY GYM 3:00-6:00PM		OPEN GYM 1:00-6:00PM	FAMILY GYM 1:00-6:00PM	
		SPORTS GALORE 4:15 -5:00PM Nick	OPEN GYM 4:15-6:00PM	SPORTS GALORE 4:15-5:00PM Nick			GYMNAS TIC PRACTICE 4:30- 6:00PM	SPORTS GALORE 4:15 -5:00PM Nick	OPEN GYM 4:00- 4:45PM						
GYMNAS TIC PRACTICE 6:00-7:00PM	YBL PRACTICE 6:00-8:00PM	GYMNAS TIC PRACTICE 5:00-6:00PM	LITTLE DUNKERS 6:00 - 6:45PM Joe	GYMNAS TIC PRACTICE 5:00-5:55PM		PICKLE BALL 6:00-9:00PM 18+	OPEN VOLLEYBALL 6:15-9:30PM 18+		5:00- 5:25PM	LIL DUNKERS 4:45-5:30PM	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 11/18/18				
YBL PRACTICE 7:00-9:00PM		YBL PRACTICE 6:00-9:00PM	YBL PRACTICE 7:00- 8:00PM	Slo- Break League 6:00-8:45PM					OPEN GYM 9:00-9:55PM	YBL GAMES 5:30-8:30PM			FAMILY GYM 5:30-7:30	GYMNAS TIC PRACTICE 7:30-8:30	
OPEN GYM 9:00-9:55PM	OPEN VOLLEYBALL 18+ 8:15-9:55PM	OPEN GYM 9:00-9:55PM	FAMILY GYM 8 - 9:55PM	OPEN GYM 8:45-9:55PM				OPEN GYM 8:35-9:55PM	OPEN GYM 8:30-9:55						