



GYM SCHEDULE August 28th Until October 22nd

REV 8/22/17

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 Audrey		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Audrey		8:00-8:45AM SILVER SNEAKERS CARDIO Polly		OPEN GYM 6:00-8:30AM		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		OPEN GYM 9:00-1:00PM	YBL 8:30AM-1:00PM				
OPEN GYM 10:30 -12:00PM		10:30-11:305AM SILVER SNEAKERS I Michele		ADULT REC BASKETBALL 10:30-2:00PM		10:30-11:305AM SILVER SNEAKERS LEVEL 1 Annalisa		OPEN GYM 10:30 -12:00PM		OPEN GYM 1:00-5:00PM				Basketball Training 2:00- 5:00pm	
ADULT REC BASKETBALL 12:00-2:00PM		ADULT REC BASKETBALL 12:00-2:00PM				ADULT REC BASKETBALL 12:00-2:00PM		ADULT REC BASKETBALL 12:00-2:00PM							
OPEN GYM 2:00 -4:00PM		OPEN GYM 2:00-4:00PM		OPEN GYM 2:00 -5:55PM		OPEN GYM 2:00-4:55PM		OPEN GYM 2:00-4:40PM		OPEN GYM 5:00-5:55PM		FAMILY GYM 5-5:55PM			
		Intro To Jump Rope 4:00- 5:00pm	LITTLE DUNKERS 4:45 - 5:30PM			Gymnastic Practice 4:00- 5:15pm	Open Gym 5:00- 6:00PM	Gymnastic Practice 5:45pm- 7:30pm	LITTLE DUNKERS 4:45 - 5:30PM					OPEN GYM 3-5:55PM	FAMILY GYM 3-5:55PM
YBL 4:00- 5:15pm	ADULT REC 5:05-9:55PM	Gymnastic Practice 5:30pm- 6:45pm	Starting in October! Slo-Break League 6:00-8:00PM			PICKLEBALL 6:00-8:00PM	OPEN VOLLEYBALL 6:15-9:30PM Adults Only	FAMILY GYM 5:35 - 9:55PM	<p align="center">Ocean Community YMCA Westerly-Pawcatuck Branch 401-596-2894 oceancommunityymca.org Fall Hours: M-F 6AM-10PM, S & S 6AM-6:00PM Schedule is subject to change for Y events.</p>						
OPEN GYM 4:00-9:55PM	OPEN GYM 5:30-7:00PM	FAMILY GYM 7-9:55PM	OPEN GYM 8:00 -9:55PM			OPEN GYM 8:15-9:55PM	OPEN GYM 7:35-9:55PM								
VOLLEYBALL 7:15-9:30PM Adults Only	FAMILY GYM 7-9:55PM														

Revised 8-22-17