



GYM SCHEDULE October 23 - November 29th

YBL Starts December 3, 2017

REV 11/04/17

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 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		OPEN GYM 9:00-11:00AM				T-Ball 8:00- 9:00am Josh	
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 11:00AM - 5:00PM				Basketball Training 10AM- 11:00am Josh	
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						ADULT REC BASKETBALL 12:00-2:00PM	
OPEN GYM 2:00 -7:00PM		OPEN GYM 2:00-5:00PM		OPEN GYM 2:00 -4:55PM		OPEN GYM 2:00-4:30PM		OPEN GYM 2:00-4:40PM		OPEN GYM 5:00-5:55PM		OPEN GYM 3-5:55PM			
		Gymnastic Practice 5:00- 6:15pm	LITTLE DUNKERS 6:00 - 6:45PM Joe			Open Gym 4:30- 6:00PM	Gymnastic Practice 4:30- 6:00pm	Gymnastic Practice 6:00- 7:45pm	LITTLE DUNKERS 4:45-5:30PM Chris/Josh			FAMILY GYM 5-5:55PM	FAMILY GYM 3-5:55PM		
OPEN GYM 7:00-9:55PM	VOLLEYBALL 7:15-9:30PM Adults Only	OPEN GYM 6:30-9:55PM	FAMILY GYM 7-9:55PM	Open Gym 5:00- 6:00PM	Gymnastic Practice 5:00- 5:45pm	PICKLEBALL 6:00-9:00PM	OPEN VOLLEYBALL 6:15-9:30PM Adults Only	OPEN GYM 7:35-9:55PM	FAMILY GYM 5:35 - 9:55PM	<p>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>					
				Slo-Break League 6:00-8:45PM		OPEN GYM 9:00-9:55PM									
				OPEN GYM 8:45 -9:55PM											

Revised 10-18-17