

FALL 2 Gym Schedule October 29 - Dec 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			
8:00- 8:45AM SILVER SNEAKERS CARDIO Jenn		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Michele		8:00-9:00AM SILVER SNEAKERS CARDIO Polly		OPEN GYM 6:00-1:00PM			
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 10:30AM -12:00PM		10:30-11:30AM SILVER SNEAKERS I Michele		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					
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 8:00-3:00PM FAMILY GYM 8:00-5:55PM			
OPEN GYM 2:00 -6:00PM		OPEN GYM 2:00-4:15PM		OPEN GYM 2:00-4:15PM		OPEN GYM 4:30- 6:00PM		OPEN GYM 2:00-4:00PM		OPEN GYM 1:00-6:00PM FAMILY GYM 1:00-6:00PM		OPEN GYM 1:00-6:00PM FAMILY GYM 1:00-6:00PM	
		SPORTS GALORE 4:15 -5:00PM Nick		SPORTS GALORE 4:15-5:00PM Nick				SPORTS GALORE 4:15 -5:00PM Nick					
GYMNASTIC PRACTICE 6:00-7:00PM		GYMNASTIC PRACTICE 5:00-6:00PM		GYMNASTIC PRACTICE 5:00-5:55PM		PICKLE BALL 6:00-9:00PM 18+		OPEN GYM 5:00-9:55PM		FAMILY GYM 4:45-7:30PM			
OPEN GYM 7:00-9:00PM		OPEN GYM 6:00-8:00PM		OPEN GYM 6:00-8:45PM		OPEN VOLLEYBALL 6:15-9:30PM 18+		OPEN GYM 5:00-9:55PM		GYMNASTIC PRACTICE 7:30-8:30			
OPEN VOLLEYBALL 18+ 8:15-9:55PM		OPEN GYM 6:00-9:55PM								OPEN GYM 8:00 - 9:55PM		OPEN GYM 8:30-9:55	

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 10/25/18