

WINTER GYM SCHEDULE 2017-2018

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		102182 135650 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		18+ Men's League 7:45AM-12:00PM	
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		YBL GAMES 8:00-12:00PM			
10:30AM -12:00PM OPEN GYM		10:30-11:30AM SILVER SNEAKERS I Michele		REC BASKETBALL 10:30AM-2:00PM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		Pickle Ball 10:30-12:00PM		Kinder Sports 10:30-11:15AM		OPEN GYM 12:00- 3:00PM	
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM				REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		OPEN GYM 3:00 5:55PM	
OPEN GYM 2:00 -7:00PM		OPEN GYM 2:00-6:00PM		Open Gym 2:00PM-4:15PM		Open Gym 2:00 -4:30		OPEN GYM 2:00- 4:00PM		Baseball Clinic 3:00-5:00PM		OPEN GYM 3:00-5:55PM	
		Kinder Sports 4:15 -5:00		Open Gym 4:30- 6:00PM		Gymnastic Practice 4:30- 6:00PM		Kinder Sports 4:15 -5:00PM					
Gymnastic Practice 5:00- 6:00PM		Gymnastic Practice 5:00- 6:00PM		Kinder Sports 4:15P -5:00P		Open Gym 4:15P-5:00P		OPEN GYM 5:00- 5:15PM		DUNKERS 4:45-5:30PM Falecia		FAMILY GYM 5:00-5:55PM	
YBL Practice 7:00-9:00PM		YBL Practice 6:00-9:00PM		LITTLE DUNKERS 6:00 - 6:45PM Joe		Open Gym 5:00- 6:00PM		PICKLEBALL 18+ 6:00-9:00PM		YBL GAMES 5:30-8:30PM		OPEN GYM 3:00-5:55PM	
VOLLEYBALL 18+		FAMILY GYM 7-9:55PM		Slo-Break League 6:00-8:45PM		OPEN VOLLEYBALL 18+ 6:15-9:30PM		OPEN GYM 8:35-9:55PM		FAMILY GYM 5:35 - 9:55PM		FAMILY GYM 3:00-5:55PM	
OPEN GYM 9:00-9:55PM		Open Gym 9:00-9:55PM		OPEN GYM 8:45 -9:55PM		OPEN GYM 9:00-9:55PM							

Ocean Community YMCA
Westerly-Pawcatuck Branch
401-596-2894
oceancommunityymca.org
 Fall Hours: M-F 6:00AM-10PM, S & S 6:00AM-6:00PM
 Schedule is subject to change for Y events.
 Revised 12-1-17