

Spring 1 Gym Schedule Feb 25th - April 21st

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 5:00-8:00AM			
8:00-8:45AM SILVER SNEAKERS CARDIO Jenn		8:00-8:45AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		7:45-8:45AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-9:00AM SILVER SNEAKERS CARDIO Polly		8:00-12:00PM YBL GAMES	8:00-12:00PM YBL GAMES	MEN'S BASKETBALL LEAGUE 8:00-12:00PM			
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 Tina		9:15-10:15AM SCULPT & STRENGTH Polly							
10:15AM-12:00PM OPEN GYM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Michele		10:30-11:30AM ZUMBA Tina		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		10:15-12:00PM OPEN GYM	10:30-11:15AM SPORTS GALORE Nick	12:00-3:00PM OPEN GYM	12:00-1:30PM OPEN GYM			FAMILY GYM 12:00-6:00PM	
12:00-2:00PM REC BASKETBALL		11:45-2:00PM REC BASKETBALL		11:45-2:00PM REC BASKETBALL		11:45-2:00PM REC BASKETBALL		12:00-2:00PM REC BASKETBALL							
2:00-6:00PM OPEN GYM	2:00-4:00PM OPEN GYM	2:00-4:15PM OPEN GYM	2:00-3:45PM OPEN GYM	2:00-4:15PM OPEN GYM	2:00-6:00PM OPEN GYM	2:00-6:00PM OPEN GYM	2:00-4:30PM OPEN GYM	2:00-4:15PM OPEN GYM	4:15-5:00PM SPORTS GALORE	2:00-4:45PM OPEN GYM	3:00-6:00PM FAMILY GYM				
	4:00-5:00PM FLOOR HOCKEY	4:15-5:00PM SPORTS GALORE		4:15-5:00PM SPORTS GALORE				4:15-5:00PM SPORTS GALORE	4:15-5:00PM SPORTS GALORE			5:00-5:25PM OPEN GYM	5:30-8:30PM YBL GAMES		
6:00-7:00PM GYMNASTIC PRACTICE	6:00-8:00PM YBL PRACTICE	5:00-6:00PM GYMNASTIC PRACTICE	3:45-7:00PM OPEN GYM	5:00-5:55PM GYMNASTIC PRACTICE	6:00-9:00PM PICKLE BALL 18+	4:30-6:00PM GYMNASTIC PRACTICE	6:15-9:30PM OPEN VOLLEY BALL	5:00-5:25PM OPEN GYM	4:45-5:30PM LIL DUNKERS	5:30-7:30 FAMILY GYM	7:30-8:30 GYMNASTIC PRACTICE	<p style="text-align: center;">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.</p>			
7:00-9:00PM YBL PRACTICE	8:15-9:55PM OPEN VOLLEYBALL 18+	6:00-9:00PM YBL PRACTICE	7:00-8:00PM YBL PRACTICE	6:00-8:45PM Slo-Break League	8:45-9:55PM OPEN GYM	9:00-9:55PM OPEN GYM	8:35-9:55PM OPEN GYM	8:30-9:55 OPEN GYM	8:30-9:55 OPEN GYM						
9:00-9:55PM OPEN GYM	9:00-9:55PM OPEN GYM	9:00-9:55PM OPEN GYM	8-9:55PM FAMILY GYM	8:45-9:55PM OPEN GYM	8:45-9:55PM OPEN GYM	9:00-9:55PM OPEN GYM	8:35-9:55PM OPEN GYM	8:30-9:55 OPEN GYM							

Revised 2/18/19