



MYSTIC GYMNASIUM RENOVATION SCHEDULE - SPRING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF
WELLNESS CENTER EQUIPMENT	Spin 5:15AM-6:00AM	WELLNESS CENTER EQUIPMENT	Spin 5:45AM-6:25AM	WELLNESS CENTER EQUIPMENT	Spin 5:15AM-6:00AM	WELLNESS CENTER EQUIPMENT	TRX Interval 5:00AM-5:55AM	WELLNESS CENTER EQUIPMENT	OPEN GYM 5:00AM-6:30AM	FACILITY HOURS MONDAY-FRIDAY: 5AM-10PM SATURDAY-SUNDAY: 6AM-6PM			
	Pilates 6:40AM - 7:25AM		TRX Interval 6:30AM-7:15AM		Pilates 6:40AM - 7:25AM		OPEN GYM 6:00AM-8:00AM		Pilates 6:40AM - 7:25AM				
	Cardiac Rehab 7:30AM-8:25AM		OPEN GYM 9:00AM - 9:55AM		Cardiac Rehab 7:30AM-8:25AM		Spin 8:15AM-8:55AM		Cardiac Rehab 7:30AM-8:25AM	Spin 9:00AM-9:55AM	Spin 9:00AM-9:55AM	Spin 9:00AM-10:00AM	
	TRX Interval 8:30AM-9:25AM		Strength & Con 9:00AM - 9:55AM		Cross Conditioning 8:30AM-9:25AM		Strength & Con 9:00AM - 9:55AM		Cross Conditioning 8:30AM - 9:10AM	Spin 9:15AM-9:55AM	Spin 10:00AM-10:40AM	Spin 9:00AM-10:00AM	
	Spin 9:30AM-10:25AM		TRX Interval 10:00AM-10:55AM		SPIN 9:45AM-10:30AM		TRX Interval 10:00AM-10:55AM		SPIN 9:45AM-10:30AM	Zumba 10:00AM-10:40AM	Spin 10:00AM-10:40AM	Spin 9:00AM-10:00AM	
	Zumba Toning 10:30AM - 11:30AM		Spin 11:00AM-11:45AM		Abs & Arms 10:45AM-11:15AM		Spin 11:00AM-11:45AM		Abs & Arms 10:45AM-11:15AM	Stretch & Core 10:45AM - 11:40PM	Spin 10:45AM - 11:40PM	Spin 9:00AM-10:00AM	
	Stretch & Core 11:40AM - 12:35PM		OPEN FAMILY GYM 11:45AM-4:45PM		OPEN FAMILY GYM 11:45AM-4:45PM		OPEN FAMILY GYM 11:45AM-4:45PM		OPEN FAMILY GYM 11:45AM-4:45PM	OPEN FAMILY GYM 11:45AM-5:30PM	OPEN FAMILY GYM 11:45AM-5:30PM	OPEN FAMILY GYM 11:45AM-5:30PM	OPEN FAMILY GYM 11:45AM-5:30PM
	OPEN FAMILY GYM 12:40PM-5:00PM												
	Spin 5:00PM - 5:55PM		OPEN ADULT GYM 7:15PM-9:45PM		OPEN ADULT GYM 7:00PM-9:45PM		Spin 5:00PM - 5:55PM		Spin 6:00PM - 6:45PM	Spin Intervals 5:50PM-6:35PM	Spin Intervals 5:50PM-6:35PM	Spin Intervals 5:50PM-6:35PM	OPEN ADULT GYM 5:30PM-9:45PM
	TRX Interval 6:00PM- 7:00PM												

Ocean Community YMCA - Mystic Branch
860-536-3575

Winter Hours: M-F 5AM-10PM, S & S 6AM-6PM

Schedule is subject to change for Y events
 Call the Welcome Center to check on schedule. All schedules can be found on our website www.oceancommunityymca.org

REVISED 02/12/18 BB



Ocean Community YMCA – Mystic Branch Gymnasium Rules

General Rules

1. Everyone must check in at the Welcome Center.
2. No food or drink allowed in the gym, except water in plastic bottles.
3. An adult must accompany anyone under the age of 12.
4. Gymnastics equipment and gym closets are off-limits
5. Please be considerate of yourself and others.
6. The emergency exits are for emergencies only and must stay closed.
Anyone caught using these doors for any other purpose will be asked to leave the facility and/or have their membership revoked.
7. No dunking or grabbing nets.
8. Appropriate footwear must be worn in the gym.
9. Non-compliance to YMCA rules is reason for membership suspension or termination.
10. All YMCA Directors and Directors on Duty have the right to ask you to leave the facility if and when YMCA rules are broken.

Open Family Gym

Open Family Gym is time set aside for all members to use our gymnasium. Space will be made for everyone to play in our gym.
Full court basketball is not allowed during these times.

Open Basketball Rules

1. Open Adult Basketball is for ages 18 and up.
2. Teams are chosen by "Free Throw" method.
3. All new arriving players have free throw priority over players who have just played.
4. If more than 16 players are in the gymnasium, two games must be played using half court.
5. Full court games will be played if less than 16 players are in the gymnasium.
6. First 10 or 16 players to make free throws are first to play.
7. All games are played to 11 points.
8. Games played on half court are played 4 on 4.
9. Games played full court are played 5 on 5.
10. Winning teams stays for a maximum of 3 consecutive games. After three wins, two new teams play next game.
11. Teams are responsible for calling their own fouls.
12. All posted Gym Rules apply to players.