



MYSTIC GYMNASIUM SCHEDULE - September 4-September 30, 2018

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		WELLNESS CENTER		WELLNESS CENTER		WELLNESS CENTER		WELLNESS CENTER		WELLNESS CENTER	FACILITY HOURS MONDAY-FRIDAY: 5AM-10PM SATURDAY-SUNDAY: 6AM-6:00PM								
			Spin 5:15AM-6:00AM				OPEN GYM 5:00AM-5:30AM				Spin 5:15AM-6:00AM		TRX Interval 5:00AM-5:55AM		Spin 5:15AM-6:00AM		OPEN GYM 5:00AM-8:50AM		OPEN GYM 5:00AM-8:50AM
			Pilates 6:30AM - 7:25AM				Spin 5:45AM-6:30AM				Pilates 6:30AM - 7:25AM		OPEN GYM 6:05AM-8:05AM		Pilates 6:30AM - 7:25AM		Spin 9:00AM-9:55AM		Spin 9:00AM-9:55AM
			Cardiac Rehab 7:30AM-8:25AM				OPEN GYM 6:45AM-8:50AM				Cardiac Rehab 7:30AM-8:25AM		Spin 8:15AM-8:55AM		Cardiac Rehab 7:30AM-8:25AM		OPEN FAMILY GYM 10:05AM-2:00PM		Spin 9:00AM-9:55AM
			TRX Interval 8:30AM-9:25AM				TRX/Weights 9:00AM-9:55AM				Cross Conditioning 8:30AM-9:30AM		Strength & Con 9:00AM - 9:45AM		Cross Conditioning 8:30AM - 9:10AM		WELLNESS CENTER	WELLNESS CENTER	OPEN FAMILY GYM 10:05AM-2:00PM
			Spin 9:30AM-10:25AM				Spin 10:00AM-10:45AM				Spin 9:45AM-10:30AM		Barre 10:00AM - 10:45PM		Spin 9:15AM-9:55AM				OPEN ADULT GYM 2:00PM-4:15PM
			Cardio Dance & Tone 10:30AM - 11:15AM				Strength & Con 11:00AM - 11:45AM				Abs & Arms 10:45AM-11:15AM		OPEN FAMILY GYM 10:00AM-5:30 PM		Zumba 10:00AM-10:40AM		Ocean Community YMCA - Mystic Branch 860-536-3575 Winter Hours: M-F 5AM-10PM, S & S 6AM-4:30PM **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		
			Stretch & Core 11:30AM - 12:15PM				OPEN FAMILY GYM 11:55AM-4:50PM				OPEN FAMILY GYM 10:40AM-4:50PM		Spin Intervals 5:00PM-5:55PM		Stretch & Core 11:00AM - 11:45PM				
			OPEN FAMILY GYM 12:30PM-4:50PM				Spin 5:00PM - 5:55PM				Spin Intervals 5:00PM-5:55PM		Spin 6:00PM - 6:45PM		OPEN FAMILY GYM 11:40AM-4:50PM				
			Spin 5:00PM-5:45PM				Spin 6:00PM - 7:00PM				Spin 6:00PM - 6:45PM		OPEN ADULT GYM 7:00PM-9:45PM		TRX Interval 6:00PM- 7:00PM				
			TRX Interval 6:00PM- 7:00PM				OPEN ADULT GYM 7:10PM-9:45PM				OPEN ADULT GYM 7:00PM-9:45PM		OPEN ADULT GYM 5:30PM-9:45PM		Spin 5:00PM - 6:00PM				
			OPEN ADULT GYM 7:10PM-9:45PM				OPEN ADULT GYM 7:10PM-9:45PM				OPEN ADULT GYM 7:00PM-9:45PM		OPEN ADULT GYM 5:30PM-9:45PM		OPEN ADULT GYM 6:10PM-9:45PM				

REVISED 08/27/18 YE



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.