



# 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
<b>WELLNESS CENTER</b>	Spin 5:15AM-6:00AM	<b>WELLNESS CENTER</b>	Spin 5:45AM-6:25AM	<b>WELLNESS CENTER</b>	Spin 5:15AM-6:00AM	<b>WELLNESS CENTER</b>	TRX Interval 5:00AM-5:55AM	<b>WELLNESS CENTER</b>	OPEN GYM 5:00AM-6:30AM	<b>FACILITY HOURS</b> 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	<b>WELLNESS CENTER</b>	Tri Training 7:00AM-8:55AM	<b>WELLNESS CENTER</b>	OPEN GYM 5:00AM-8:50AM
	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-10:00AM
	TRX Interval 8:30AM-9:25AM		Strength & Con 9:00AM - 9:55AM		Cross Conditioning 8:30AM-9:25AM		SPIN 9:45AM-10:30AM		Cross Conditioning 8:30AM - 9:10AM	Strength & Con 9:00AM - 9:55AM	OPEN FAMILY GYM 10:00AM-2:00PM		
	Spin 9:30AM-10:25AM		TRX Interval 10:00AM-10:55AM		Abs & Arms 10:45AM-11:15AM		TRX Interval 10:00AM-10:55AM		Spin 9:15AM-9:55AM	TRX Interval 10:00AM-10:55AM	OPEN FAMILY GYM 10:05AM-2:00PM		
	Zumba Toning 10:30AM - 11:30AM		Spin 11:00AM-11:45AM		OPEN FAMILY GYM 11:45AM-4:45PM		OPEN FAMILY GYM 11:00AM-5:30PM		Zumba 10:00AM-10:40AM	OPEN FAMILY GYM 1:05PM-5:30PM	OPEN ADULT GYM 2:00PM-5:45PM		
	Stretch & Core 11:45AM - 12:45PM		OPEN FAMILY GYM 11:45AM-4:45PM		Cross Conditioning 5:00PM-5:55PM		Spin 6:00PM - 6:45PM		Stretch & Core 10:45AM - 11:45PM	Spin Intervals 5:50PM-6:35PM			
	OPEN FAMILY GYM 12:50PM-4:55PM		Spin 5:00PM - 5:55PM		Spin 6:00PM - 7:00PM		OPEN ADULT GYM 7:00PM-9:45PM		Barre 12:00PM-1:00PM	OPEN ADULT GYM 6:45PM-9:45PM			
	Spin 5:00PM - 5:55PM		Spin 5:00PM - 5:55PM		Spin 6:00PM - 7:00PM				OPEN ADULT GYM 5:30PM-9:45PM				
	TRX Interval 6:00PM- 7:00PM		Spin 6:00PM - 7:00PM		OPEN ADULT GYM 7:15PM-9:45PM								
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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](http://www.oceancommunityymca.org)

REVISED 03/23/18 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.