



# MYSTIC GYMNASIUM RENOVATION SCHEDULE - FALL I

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>FACILITY HOURS</b>																				
MONDAY-FRIDAY: 5AM-10PM																				
SATURDAY-SUNDAY: 6AM-6PM																				
<b>WELLNESS CENTER</b>	Spin 5:15AM-6:00AM	<b>WELLNESS CENTER</b>	Spin 5:45AM-6:30AM	<b>WELLNESS CENTER</b>	Spin 5:15AM-6:00AM	<b>WELLNESS CENTER</b>	TRX 5:00AM-5:55AM	<b>WELLNESS CENTER</b>	Spin 5:15AM-6:00AM	<b>WELLNESS CENTER</b>	Tri Training 7:00AM-8:55AM	<b>WELLNESS CENTER</b>	Spin 8:00AM-9:00AM							
	Pilates 6:30AM - 7:25AM		Strength & Con 9:00AM - 9:55AM		Pilates 6:30AM-7:25AM		Spin 8:15AM-8:55AM		Pilates 6:30AM - 7:25AM		Cross Conditioning 8:30AM - 9:15AM		Spin 9:00AM-9:55AM	Spin 9:00AM-9:55AM	Spin 9:15AM-10:00AM	Spin 9:00AM-9:55AM	Enhance Fitness 4:00PM - 5:00PM			
	Cardiac Rehab 7:30AM-8:25AM		TRX 10:00AM-10:55AM		Cardiac Rehab 7:30AM-8:25AM		Strength & Con 9:00AM - 9:55AM		Cardiac Rehab 7:30AM-8:25AM		SPIN 9:45AM-10:45AM		TRX 10:00AM-11:00AM	Zumba 10:00AM-10:40AM	Stretch & Core 10:45AM - 11:40PM	Stretch & Core 10:45AM - 11:40PM	TRX/Cross Cond 5:00PM-5:45PM			
	TRX 8:30AM-9:25AM		Spin 11:00AM-12:00PM		Cross Conditioning 8:30AM-9:25AM		TRX 10:00AM-10:55AM		Cross Conditioning 8:30AM-9:25AM		Abs & Arms 10:45AM-11:15AM		Abs & Glutes 11:00AM-11:30AM	Barre 11:40AM-12:35PM	Barre 5:00PM-5:55PM	Spin Intervals 5:50PM-6:30PM				
	Spin 9:30AM-10:25AM		<b>WELLNESS CENTER</b>		Spin 11:00AM-12:00PM		Spin 11:00AM-12:00PM		Spin 11:00AM-12:00PM		<b>WELLNESS CENTER</b>		Barre 11:40AM-12:35PM	<b>WELLNESS CENTER</b>	Enhance Fitness 4:00PM - 5:00PM	<b>WELLNESS CENTER</b>	<b>WELLNESS CENTER</b>	<b>WELLNESS CENTER</b>	<b>WELLNESS CENTER</b>	<b>WELLNESS CENTER</b>
	Zumba Toning 10:30AM - 11:30AM				Pilates 4:30PM-5:00PM		Barre 5:00PM-5:55PM		Barre 5:00PM-5:55PM				Barre 5:00PM-5:55PM							
	Stretch & Core 11:40AM - 12:35PM				Cross Conditioning 5:00PM-5:55PM		Spin 6:00PM - 6:45PM		Spin 6:00PM - 6:45PM				Spin 6:00PM - 6:45PM							
	Enhance Fitness 4:00PM - 5:00PM				Spin 6:00PM - 7:00PM															
	TRX Interval 5:15PM- 6:10PM																			
	Spin 6:15PM-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](http://www.oceancommunityymca.org)

REVISED 9/18/17 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. Open Teen Basketball is for ages 12-17.
3. Teams are chosen by "Free Throw" method.
4. All new arriving players have free throw priority over players who have just played.
5. If more than 16 players are in the gymnasium, two games must be played using half court.
6. Full court games will be played if less than 16 players are in the gymnasium.
7. First 10 or 16 players to make free throws are first to play.
8. All games are played to 11 points.
9. Games played on half court are played 4 on 4.
10. Games played full court are played 5 on 5.
11. Wining teams stays for a maximum of 3 consecutive games. After three wins, two new teams play next game.
12. Teams are responsible for calling their own fouls.
13. All posted Gym Rules apply to players.