



MYSTIC GYMNASIUM SCHEDULE

SPRING 1: FEBRUARY 27- April 23, 2017

Times	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
5am	OPEN GYM 5:00-7:30AM		OPEN GYM 5:00-9:00AM		OPEN GYM 5:00-7:30AM		TRX INTERVAL 5:00-6:15AM		OPEN GYM 5:00-7:30AM		FACILITY HOURS MONDAY-FRIDAY: 5AM-10PM SATURDAY-SUNDAY: 6AM-6PM			
6am							OPEN GYM 6:15-9:00AM							
7am	CARDIAC REHAB 7:30-8:25AM TRX INTERVAL 8:30-9:30AM		STRENGTH & CONDITIONING 9:00-10:00AM TRX LVL 1 9:30-10:30AM ABS & ARMS 10:30-11:00AM		CARDIAC REHAB 7:30-8:25AM CROSS COND 8:30-9:25AM		STRENGTH & CON 9:00-10:00AM ABS & ARMS 10:30-11:00AM		TRX LVL 1 9:00-9:50AM TRX LVL 1 9:55-10:45AM					
8am	MUSCLE SCULPT 10:00-11:00AM TRX INTERVAL 9:30-10:30AM		ZUMBA 9:30-10:30AM		OPEN GYM 11:00-12:00PM		OPEN GYM 11:00-12:00PM		OPEN GYM 10:30-12:00PM		GYMNASTICS 8:30-11:30PM		OPEN GYM 6:00-11:00AM TRX INTERVAL 8:30-9:35AM	
9am	OPEN GYM 11:00-12:00PM		OPEN GYM 11:00-12:00PM		OPEN GYM 10:30-12:00PM		OPEN GYM 11:00-12:00PM		OPEN GYM 10:30-12:00PM		OPEN TEEN BASKETBALL 11:30PM-1:30PM		OPEN TEEN BASKETBALL 11:00-1:30PM	
10am	OPEN FAMILY GYM 12:00-3:00PM		OPEN FAMILY GYM 12:00-2:30PM		OPEN FAMILY GYM 12:00-3:15PM		OPEN FAMILY GYM 12:00-4:00PM		OPEN FAMILY GYM 12:00-3:30PM					
11am	HEART & SOLE 3:15-4:45PM		OPEN TEEN BASKETBALL 2:30-4:00PM		HEART & SOLE 3:15-4:45PM OPEN TEEN BASKETBALL 3:30-5:00PM		GRASSO TECH 3:00-4:00PM		GRASSO TECH 3:00-4:00PM		OPEN TEEN BASKETBALL 3:30-5:30PM		OPEN FAMILY GYM 3:30-6:00PM	
noon	OPEN GYM 5:00-7:00PM		GIRL'S ON THE RUN 4:00-5:30PM		GIRL'S ON THE RUN 4:00-5:30PM		OPEN TEEN BASKETBALL 3:30-5:30PM		OPEN TEEN BASKETBALL 3:30-5:30PM		OPEN PICKLEBALL 5:00-7:00PM SELF DEFENSE 5:30-6:30PM		OPEN FAMILY GYM 3:30-6:00PM	
1pm	OPEN GYM 5:00-7:00PM		*HOOPS ACADEMY GR. K-4 5:30-6:30PM *HOOPS ACADEMY GR. 5-8 6:30-7:30PM		OPEN GYM 5:00-6:00PM CROSS CONDITIONING 6:00-7:00PM		OPEN GYM 5:30-7:00PM		OPEN GYM 5:30-7:00PM		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		OPEN FAMILY GYM 3:30-6:00PM	
2pm	TRX INTERVAL 6:00-7:00PM		OPEN ADULT BASKETBALL 7:00-9:45PM		SELF DEFENSE 7:00-8:00PM OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM				OPEN ADULT BASKETBALL 7:00-9:45PM	
3pm	OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT VOLLEYBALL 7:00-9:45PM		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		OPEN ADULT BASKETBALL 7:00-9:45PM	
4pm	OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT VOLLEYBALL 7:00-9:45PM				OPEN ADULT BASKETBALL 7:00-9:45PM	
5pm	OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT VOLLEYBALL 7:00-9:45PM		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		OPEN ADULT BASKETBALL 7:00-9:45PM	
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7pm	OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT BASKETBALL 7:00-9:45PM		OPEN ADULT VOLLEYBALL 7:00-9:45PM		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		OPEN ADULT BASKETBALL 7:00-9:45PM	
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REVISED 3/7/17 JA



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. Winning 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.