



MYSTIC GYMNASIUM RENOVATION SCHEDULE - FALL II

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							
FACILITY HOURS																				
MONDAY-FRIDAY: 5AM-10PM																				
SATURDAY-SUNDAY: 6AM-6PM																				
WELLNESS CENTER		WELLNESS CENTER		WELLNESS CENTER		WELLNESS CENTER		WELLNESS CENTER		WELLNESS CENTER		WELLNESS CENTER								
			Spin 5:15AM-6:00AM				Spin 5:15AM-6:00AM				Spin 5:15AM-6:00AM			TRX Interval 5:00AM-5:55AM		Spin 5:15AM-6:00AM				
			Pilates 6:15AM - 7:15AM				Spin 5:45AM-6:30AM							Spin 6:00AM - 6:45AM						Tri Training 7:00AM-9:00AM
			Cardiac Rehab 7:15AM-8:15AM				Pilates 6:45AM - 7:30AM				Cardiac Rehab 7:15AM-8:15AM			Pilates 6:45AM - 7:30AM		Cardiac Rehab 7:15AM-8:15AM				
			TRX Interval 8:30AM-9:25AM				Strength & Con 9:00AM - 9:55AM				Cross Conditioning 8:30AM-9:25AM			Spin 8:15AM-9:00AM		Cross Conditioning 8:30AM - 9:15AM				
			Spin 9:30AM-10:25AM				TRX Interval 10:00AM-10:55AM				SPIN 9:45AM-10:45AM			Strength & Con 9:00AM - 9:55AM		Spin 9:15AM-10:00AM				Spin 9:00AM-9:55AM
			Zumba Toning 10:30AM - 11:30AM				Spin 11:00AM-12:00PM				Abs & Arms 10:45AM-11:15AM			TRX Interval 10:00AM-11:00AM		Zumba 10:00AM-10:40AM				
			Stretch & Core 11:40AM - 12:35PM											Abs & Glutes 11:00AM-11:30AM		Stretch & Core 10:45AM - 11:40PM				
														Barre 11:40AM-12:35PM						
			Enhance Fitness 5:00PM - 6:00PM				Pilates 4:30PM-5:00PM				Barre 5:00PM-5:55PM									
			TRX Interval 6:00PM- 7:00PM				Cross Conditioning 5:00PM-5:55PM				Spin 6:00PM - 6:45PM			TRX/Cross Cond 5:00PM-5:45PM						
							Spin 6:00PM - 7:00PM							Spin Intervals 5:50PM-6:30PM						
	<p>Ocean Community YMCA - Mystic Branch 860-536-3575</p> <p>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</p> <p>REVISED 10/17/17 YE</p>																			



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.