



MYSTIC GYMNASIUM RENOVATION SCHEDULE

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		WELLNESS CENTER		WELLNESS CENTER															
																FACILITY HOURS													
																MONDAY-FRIDAY: 5AM-10PM													
																SATURDAY-SUNDAY: 6AM-6PM													
																Spin 5:15AM-6:00AM		Spin 5:45AM-6:30AM		Spin 5:15AM-6:00AM		TRX Interval 5:00AM-5:55AM		Spin 5:15AM-6:00AM		Tri Training 7:00AM-8:55AM			
																Pilates 6:30AM - 7:25AM		TRX Interval 6:30AM-7:15AM		Pilates 6:30AM - 7:25AM		Spin 6:00AM - 6:45AM		Pilates 6:30AM - 7:25AM					
																Cardiac Rehab 7:30AM-8:25AM				Cardiac Rehab 7:30AM-8:25AM				Cardiac Rehab 7:30AM-8:25AM					
																TRX Interval 8:30AM-9:25AM		Strength & Con 9:00AM - 9:55AM		Cross Conditioning 8:30AM-9:25AM		Spin 8:15AM-8:55AM		Cross Conditioning 8:30AM - 9:10AM					
																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-9:55AM		Spin 9:00AM-9:55AM			
																Zumba Toning 10:30AM - 11:30AM		Spin 11:00AM-11:45AM		Abs & Arms 10:45AM-11:15AM		TRX Interval 10:00AM-10:55AM		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							
																Spin 5:00PM - 5:55PM		Pilates 4:30PM-4:55PM		Barre 5:00PM-5:55PM									
TRX Interval 6:00PM- 7:00PM		Cross Conditioning 5:00PM-5:55PM		Spin 6:00PM - 6:45PM																									
		Spin 6:00PM - 7:00PM						Spin Intervals 5:50PM-6:30PM																					

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

REVISED 12/21/17 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.