

Spring I Gym Schedule February 26th - April 22nd

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	
OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM						
8:00- 8:45AM SILVER SNEAKERS CARDIO Jenn		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Cheryl		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Polly		OPEN GYM 6:00-8:00AM		18+ Men's League 7:45AM-12:30PM		
9:15-10:15AM TOTAL BODY CONDITIONING Diane		9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele		9:15-10:15AM BODY SCULPT Polly		9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele		9:15-10:15AM SCULPT & STRENGTH Polly		8:00-12:30PM OPEN GYM				
OPEN GYM 10:30AM - 12:00PM		10:30-11:30AM SILVER SNEAKERS I Michele		OPEN GYM 10:30-2:30	OPEN GYM 10:30-12:00	10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		Pickle Ball 10:30-12:00PM	OPEN GYM 10:30-12:00	Basketball Academy 12:30-1:30PM	OPEN GYM 8:00-3:00PM		OPEN GYM 12:00PM - 3:00PM	
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		School Group 12:00-2:30PM		REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		OPEN GYM 1:35-5:00PM				
OPEN GYM 2:00 -5:00PM		OPEN GYM 2:00-4:15PM		OPEN GYM 2:00 -5:00PM		Open Gym 4:30- 6:00PM	Open Gym 2:00 -4:30	OPEN GYM 2:00-9:55PM		Kinder Sports 4:00 -4:45PM Josh	FAMILY GYM 5:00-5:55PM	Volleyball League 3:00- 6:00pm	OPEN GYM 3:00-5:55PM	FAMILY GYM 3:00-5:55PM
		Gymnastic Practice 4:15 -5:00 Josh	Gymnastic Practice 4:30- 6:00PM			Kinder Sports 4:45-5:30PM Falecia								
OPEN GYM 5:00-9:55PM	Gymnastic Practice 5:00- 6:00PM	OPEN GYM 4:15-9:55PM	Gymnastic Practice 5:00- 6:00PM	Open Gym 5:00- 6:00PM	Gymnastic Practice 5:00- 5:45PM	PICKLEBALL 6:00-9:00PM 18+	OPEN VOLLEYBALL 6:15-9:30PM 18+	OPEN GYM 9:00-9:55PM	FAMILY GYM 6:35 - 9:55PM	Ocean Community YMCA Westerly-Pawcatuck Branch 401-596-2894 oceancommunityymca.org Spring Hours: M-F 5:00AM-10PM, S & S 6:00AM-6:00PM Schedule is subject to change for Y events. Revised 3-24-18				
OPEN VOLLEYBALL 6:15-9:30PM 18+	LITTLE DUNKERS 6:00 - 6:45PM Joe	Family Gym 6:45 - 9:00PM	Women's Basketball League 6:00-8:45PM		OPEN GYM 8:45 -9:55PM									