

Summer I Gym Schedule July 2 – July 29

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 Nichole		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-9:00AM SILVER SNEAKERS CARDIO Polly		OPEN GYM 6:00-8:00AM					
9:00-10:00AM 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 Nichole		9:15-10:15AM SCULPT & STRENGTH Polly		OPEN GYM 8:00-12:30PM		OPEN GYM 8:00-11:00AM			
OPEN GYM 10:30AM -12:00PM		10:30-11:30AM SILVER SNEAKERS I Kathleen				10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		PICKLE BALL Instruction 10:30-11:50PM	OPEN GYM 10:30-12:00	Basketball Academy 12:30-1:30PM	Unified Soccer 1:00-12:00PM	OPEN GYM 6:00-3:00PM			
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 11:30-2:00PM		OPEN GYM 10:30-4:00PM		OPEN GYM 10:30-5:00PM		REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		OPEN GYM 1:30-3:00PM		OPEN GYM 12:00-4:25PM	
OPEN GYM 2:00 -5:00PM		OPEN GYM 2:00-4:15PM		Floor Hockey Fanatics 4:00-4:45PM		OPEN GYM 4:30- 6:00PM	OPEN GYM 2:00 -4:30PM	SPORTS GALORE 4:00 -4:45PM Nick	Gymnastic Practice 4:30- 6:00PM	SPORTS GALORE 4:00 -4:45PM Nick	LIL DUNKERS 4:45-5:30PM Falecia	FAMILY GYM 3:00-4:25PM	OPEN GYM 3:00-5:55PM	FAMILY GYM 3:00-5:55PM	
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	PICKLE BALL 18+ 6:00-9:00PM	OPEN GYM 2:00-6:00PM	ADULT SOCCER 6:00-8:00PM	FAMILY GYM 6:35 - 9:55PM						
OPEN VOLLEYBALL 6:15-9:30PM 18+		LITTLE DUNKERS 6:00 - 6:45PM Joe	FAMILY PICKLE BALL 6:00-8:00PM	OPEN GYM 2:00-8:00pm		OPEN VOLLEYBALL 6:15-9:30PM 18+	OPEN GYM 9:00-9:55PM								
		FAMILY GYM 6:45 - 9:00PM		OPEN GYM 8:00-9:55PM				OPEN GYM 8:00-9:55pm							

Ocean Community YMCA
Westerly-Pawcatuck Branch
401-596-2894
oceancommunityymca.org
 Summer Hours: M-F 5:00AM-10PM, S & S 6:00AM-4:30PM
Schedule is subject to change for Y events.

Revised 6/26/18