Spring 1 Gym Schedule Feb 25th – April 21st

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
OPEN GYM OPEN GYM 5:00-7:45AM 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 Gerry 9:15-10:15AM OTAL BODY CONDITIONING Diane OPEN GYM SILVER SNEAKERS LEVEL 1 Michele 10:30-11:30AM		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry 9:15-10:15AM BODY SCULPT Polly 10:30-11:30AM		7:45-8:45AM SILVER SNEAKERS LEVEL 2 Gerry 9:15-10:15AM SILVER SNEAKERS LEVEL 1 Tina 10:30-11:30AM		8:00-9:00AM SILVER SNEAKERS CARDIO Polly 9:15-10:15AM SCULPT & STRENGTH Polly OPEN GYM SPORTS GALORE		OPEN GYM 6:00-8:00AM		OPEN GYM 5:00-8:00AM	
SILVER SNEAKERS LEVEL 1 Michele		ZUMBA Tina		SILVER SNEAKERS LEVEL 1 Annalisa		10:15-12:00PM	10:30-11:15AM Nick		FAMILY GYM 12:00-1:30PM		
REC REC BASKETBALL BASKETBALL 12:00-2:00PM 11:30-2:00PM		REC BASKETBALL 11:30-2:00PM		REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		OPEN GYM 12:00-3:00PM SOCCER 1:30-2:30PM			
4:15 -5:00PM Nick GYMNASTIC		4:15-5:00PM Nick GYMNASTIC	OPEN GYM 2:00-6:00PM		OPEN GYM 2:00-430PM	OPEN GYM 2:00-4:15PM SPORTS GALORE 4:15 -5:00PM Nick OPEN GYM 5:00- 5:25PM	OPEN GYM 2:00-4:45PM	FAMILY GYM 3:00-6:00PM	OPEN GYM 1:30-6:00PM	OPEN GYM 12:00- 6:00PM	FAMILY GYM 12:00-6:00PM
5:00-6:00PM OPEN GYM 6:00-9:55PM		5:00-5:55PM OPEN GYM 6:00-8:45PM 6:00-8:45PM			PRACTICE 4:30-6:00PM OPEN VOLLEY BALL 6:15-9:30PM 18+	GYMNASTICS PRACTICE 6:30-7:30PM OPEN GYM 8:35-9:55PM LIE BONKERS 4:45-5:30PM FAMILY GYM 5:30-7:30 OPEN GYM 7:30-9:55PM		Ocean Community YMCA Westerly-Pawcatuck Branch 401-596-2894 oceancommunityymca.org FALL HOURS: M-F 5:00AM-10PM, S & S 6:00AM-6:00PM Schedule is subject to change for Y events.			
	COURT 1 OPEN 5:00-7 8:00-8 SILVER SNEAR Ge 9:15-10 SILVER SNEAR Mich 10:30-1 SILVER SNEAR Mich 11:30-2 OPEN GYM 2:00-4:15PM SPORTS GALORE 4:15-5:00PM Nick GYMNASTIC PRACTICE 5:00-6:00PM	OPEN GYM 2:00-4:15PM OPEN GYM 2:00-4:15PM Nick GYMNASTIC PRACTICE 5:00-9:55PM OPEN GYM 6:00-9:55PM OPEN GYM 6:00-9:55PM OPEN GYM 6:00-9:55PM COURT 2 OPEN GYM 5:00-7:45AM SILVER SNEAKERS LEVEL 2 Gerry 9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele REC BASKETBALL 11:30-2:00PM OPEN GYM 2:00-3:45PM 2:00-3:45PM OPEN GYM 3:45-7:00PM	COURT 1 OPEN GYM 5:00-7:45AM OPEN 5:00-6:00PM 8:00-8:45AM 5:00-8:45AM 8:00-8:45AM 5:00-6:00-9:55PM 8:00-8:45AM 5:00-7:45AM 8:00-8:45AM 8:00-8:45AM 8:00-8:45AM 8:00-8:45AM 5:00-7:45AM 9:15-1 8:00-8:45AM 9:15-1	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 8:00-8:45AM SILVER SNEAKERS LEVEL 2 Gerry 8:00-8:45AM SILVER SNEAKERS CARDIO Gerry 9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele 9:15-10:15AM BODY SCULPT Polly 10:30-11:30AM SILVER SNEAKERS LEVEL 1 Michele Tina REC BASKETBALL 11:30-2:00PM Tina OPEN GYM 2:00-4:15PM Nick OPEN GYM 2:00-4:15PM OPEN GYM Nick OPEN GYM 2:00-6:00PM Mick OPEN GYM Nick OPEN GYM 2:00-6:00PM Mick OPEN GYM 2:00-6:00PM Mick OPEN GYM 6:00-8:45PM FAMILY GYM 6:00-8:45PM OPEN GYM 6:00-8:45PM OPEN GYM 6:00-8:45PM	COURT 1 COURT 2 COURT 1 COURT 2 COURT 1 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 7:45-8 SILVER SNEAKERS LEVEL 2 Gerry Gerry Ge SILVER SNEAKERS CARDIO SILVER SNEA Gerry Ge Gerry Ge SILVER SNEAKERS LEVEL 1 BODY SCULPT SILVER SNEA Michele Polly Ti 10:30-11:30AM 10:30-11:30AM 10:30-1 SILVER SNEAKERS LEVEL 1 Michele Tina SILVER SNEA SILVER SNEA REC BASKETBALL BASKETBALL BASKETBALL 11:30-2:00PM 11:30-2:00PM 12:00- OPEN GYM 2:00-4:15PM OPEN GYM 2:00-6:00PM 4:15-5:00PM Nick OPEN GYM 2:00-6:00PM PICKLE BALL GYMNASTIC PRACTICE 5:00-6:00PM GYMNASTIC PRACTICE 5:00-8:45PM PICKLE BALL 6:00-8:45PM FAMILY GYM 6:00-8:45PM OPEN GYM 6:00-8:45PM OPEN GYM 0PEN GYM	OPEN GYM 5:00-7:45AM SILVER SNEAKERS LEVEL 2 Gerry 9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele 10:30-11:30AM SILVER SNEAKERS LEVEL 1 Tina REC BASKETBALL 11:30-2:00PM SPORTS GALORE 4:15-5:00PM Nick OPEN GYM SPORTS GALORE 4:15-5:00PM Nick OPEN GYM SOU-4:15PM Nick OPEN GYM SOU-5:55PM OPEN GYM G:00-9:55PM FAMILY GYM 7:00-9:55PM FAMILY GYM 7:00-9:55PM OPEN GYM OPEN GYM OPEN GYM G:00-9:55PM FAMILY GYM 7:00-9:55PM OPEN GYM OPEN GYM OPEN GYM OPEN GYM G:00-9:55PM OPEN GYM OPEN GYM OPEN GYM G:00-9:55PM OPEN GYM OPEN GYM OPEN GYM OPEN GYM OPEN GYM G:00-9:55PM OPEN GYM G:00-9:55PM OPEN GYM OPE	COURT 1 COURT 2 COURT 1 COURT 3 COURT 3 <t< td=""><td> COURT 1 COURT 2 COURT 1 COURT 2 COURT 1 COURT 2 COURT 1 COURT 2 </td><td> COURT 1 COURT 2 COURT 1 </td><td> OPEN GYM SiDO-7i45AM SiD</td><td> COURT 1 COURT 2 COURT 2 COURT 1 COURT 2 COUR</td></t<>	COURT 1 COURT 2 COURT 1 COURT 2 COURT 1 COURT 2 COURT 1 COURT 2	COURT 1 COURT 2 COURT 1	OPEN GYM SiDO-7i45AM SiD	COURT 1 COURT 2 COURT 2 COURT 1 COURT 2 COUR