

# 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	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		8:00-8:45AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		7:45-8:45AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-9:00AM SILVER SNEAKERS CARDIO Polly		OPEN GYM 6:00-8:00AM		OPEN GYM 5:00-8:00AM		
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 Tina		9:15-10:15AM SCULPT & STRENGTH Polly						
10:15AM -12:00PM OPEN GYM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Michele		10:30-11:30AM ZUMBA Tina		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		10:15-12:00PM OPEN GYM	10:30-11:15AM SPORTS GALORE Nick					
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 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	12:00-1:30PM FAMILY GYM	OPEN GYM 12:00-6:00PM		
											1:30-2:30PM UNIFIED SOCCER			12:00-6:00PM FAMILY GYM
2:00 -6:00PM OPEN GYM	2:00-4:00PM OPEN GYM	2:00-4:15PM OPEN GYM	2:00-3:45PM OPEN GYM	2:00-4:15PM OPEN GYM	2:00-6:00PM OPEN GYM	2:00- 6:00PM OPEN GYM	2:00-4:30PM OPEN GYM	4:15 -5:00PM SPORTS GALORE Nick	2:00-4:45PM OPEN GYM	3:00-6:00PM FAMILY GYM	1:30-6:00PM OPEN GYM	12:00-6:00PM FAMILY GYM	12:00-6:00PM FAMILY GYM	
	4:00-5:00PM FLOOR HOCKEY	4:15 -5:00PM SPORTS GALORE Nick		4:15-5:00PM SPORTS GALORE Nick				5:00- 5:25PM OPEN GYM						
6:00-7:00PM GYMNASTIC PRACTICE	5:00-8:15PM OPEN GYM	5:00-6:00PM GYMNASTIC PRACTICE	3:45- 7:00PM OPEN GYM	5:00-5:55PM GYMNASTIC PRACTICE	6:00-8:45PM OPEN GYM	6:00-8:45PM FAMILY GYM	6:00-9:00PM PICKLE BALL 18+	4:30-6:00PM GYMNASTIC PRACTICE	4:45-5:30PM LIL DUNKERS	5:30-7:30 FAMILY GYM	12:00-6:00PM OPEN GYM		12:00-6:00PM FAMILY GYM	
7:00-9:00PM FAMILY GYM		6:00-9:55PM OPEN GYM		7:00- 9:55PM FAMILY GYM				6:00-8:45PM OPEN GYM						
9:00-9:55PM OPEN GYM	8:15-9:55PM OPEN VOLLEYBALL 18+	8:45-9:55PM OPEN GYM		8:45-9:55PM OPEN GYM		9:00-9:55PM OPEN GYM		6:15-9:30PM OPEN VOLLEYBALL 18+	8:35-9:55PM OPEN GYM	7:30-9:55PM OPEN GYM	12:00-6:00PM OPEN GYM		12:00-6:00PM FAMILY GYM	

**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.**

Revised 4/4/19