

# FALL 1 Gym Schedule September 4 - October 28

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		OPEN GYM 6:00-8:00AM						
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		YBL GAMES 8:00-12:00PM	YBL GAMES 8:00-12:00PM	OPEN GYM 6:00-9:00AM				
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		8:00-12:00PM	8:00-12:00PM	MENS 18 + LEAGUE 9:00-1:00PM				
OPEN GYM 10:30AM -12:00PM		10:30-11:30AM SILVER SNEAKERS I Kathleen		REC BASKETBALL 10:30-2:00PM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		OPEN GYM 10:15-12:00PM	SPORTS GALORE 10:30-11:15AM Nick	UNIFIED SOCCER 12:00-1:00PM	OPEN GYM 12:00-3:00PM			OPEN GYM 12:00-6:00pm	OPEN GYM 1:00-6:00PM	FAMILY GYM 1:00-6:00PM
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 11:30-2:00PM				REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		OPEN GYM 2:00-4:00PM						
OPEN GYM 2:00 -6:00PM		OPEN GYM 2:00-4:15PM		OPEN GYM 2:00-4:15PM	OPEN GYM 2:00-6:00PM	OPEN GYM 4:30- 6:00PM	OPEN GYM 2:00 -4:30PM	SPORTS GALORE 4:15 -5:00PM Nick	OPEN GYM 4:00- 4:45PM	FAMILY GYM 3:00-6:00PM	FAMILY GYM 3:00-6:00PM	OPEN GYM 1:00-6:00PM	FAMILY GYM 1:00-6:00PM			
GYMNASTIC PRACTICE 6:00-7:00PM	YBL PRACTICE 6:00-8:00PM	GYMNASTIC PRACTICE 5:00-6:00PM	LITTLE DUNKERS 6:00 - 6:45PM Joe	GYMNASTIC PRACTICE 5:00-5:55PM		PICKLE BALL 6:00-9:00PM 18+	OPEN VOLLEYBALL 6:15-9:30PM 18+	5:00- 5:25PM	LIL DUNKERS 4:45-5:30PM	YBL GAMES 5:30-8:30PM	FAMILY GYM 6:35 - 9:55PM	<p style="text-align: center;"><b>Ocean Community YMCA</b>  <b>Westerly-Pawcatuck Branch</b>  <b>401-596-2894</b>  <b>oceancommunityymca.org</b>                      FALL HOURS: M-F 5:00AM-10PM, S &amp; S 6:00AM-6:00PM                      Schedule is subject to change for Y events.</p>	Revised 8/9/18			
YBL PRACTICE 7:00-9:00PM	OPEN VOLLEYBALL 18+ 8:15-9:55PM	YBL PRACTICE 6:00-9:00PM	YBL PRACTICE 7:00- 8:00PM	Slo- Break League 6:00-8:45PM	OPEN GYM 9:00-9:55PM	OPEN GYM 8:35-9:55PM	OPEN GYM 8:35-9:55PM	FAMILY GYM 6:35 - 9:55PM								
OPEN GYM 9:00-9:55PM	OPEN GYM 9:00-9:55PM	OPEN GYM 9:00-9:55PM	FAMILY GYM 8 - 9:55PM	OPEN GYM 8:45-9:55PM	OPEN GYM 9:00-9:55PM	OPEN GYM 8:35-9:55PM	OPEN GYM 8:35-9:55PM	FAMILY GYM 6:35 - 9:55PM								