



# GYM SCHEDULE February 27-APRIL 23 2017

rev 3/18/17

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
5:00-7:30AM OPEN GYM		5:00 -9:30AM		5:00-7:30AM OPEN GYM		5:00-8:00AM OPEN GYM		5:00-7:45AM OPEN GYM					
8:00- 8:45AM SILVER SNEAKERS CARDIO w/ Michele		8:00-9:00AM SILVER SNEAKERS LEVEL 2 w/ Audrey		8:00-9:00AM SILVER SNEAKERS CARDIO w/ Polly		8:00-9:00AM SILVER SNEAKERS LEVEL 2 w/ Audrey		8:00-9:00AM SILVER SNEAKERS CARDIO w/ Polly		7:00- 7:40AM OPEN GYM		7:00- 7:40AM OPEN GYM	
9:15-10:15AM TOTAL BODY CONDITIONING w/ Diane		9:15-10:15AM SILVER SNEAKERS LEVEL 1 w/ Michele		9:15-10:15AM BODY SCULPT w/ Polly		9:15-10:15AM SILVER SNEAKERS LEVEL 1 w/ Michele		9:15-10:15AM SCULPT & STRENGTH w/ Polly		Basketball Academy 9:00-12:00pm		Men's 18+ League 7:45-2:00PM	
10:30-11:30AM Butts and Gutts w/ Trish or Tara		10:30-11:30AM SILVER SNEAKERS I w/ Michelle T.				10:30-11:30AM SILVER SNEAKERS LEVEL 1 w/ Michele		11:00AM-2:00PM ADULT REC BASKETBALL		Gymnastics Vault 12:00 - 2:00pm		OPEN GYM 12:00 - 3:00PM	
11:30AM-2:00PM ADULT REC BASKETBALL		11:30AM-2:00PM ADULT REC BASKETBALL		10:30-2:00PM ADULT REC BASKETBALL		12:00-2:00PM ADULT REC BASKETBALL						OPEN GYM 2:00 - 5:55PM	
OPEN GYM 2:00 - 6:00PM		OPEN GYM 2:00 - 7:15PM		OPEN GYM 2:00 - 6:55PM		OPEN GYM 2:00 - 6:00PM		Little Dunkers 4:45 - 5:30PM		OPEN GYM 2:00 - 5:55 PM		OPEN GYM 3:00-5:55PM FAMILY GYM	
Gymnastics Vault 6:00- 7:00PM		Gymnastics Vault 7:00 - 7:45pm		Little Dunkers 6:00 - 6:45PM		Pickle Ball 6:00-8:00PM		Open Volleybal 6:15 - 9:45PM		OPEN GYM 5:30 - 9:55PM			
OPEN GYM 7:05-9:55PM		ADULT REC 8:00 - 9:55PM		OPEN GYM 8:00-9:55PM		Women's Basketball League 7:00-9:30PM		Open Soccer 8:15-9:30PM		FAMILY GYM 7:30 - 9:55PM			
Open Volleybal 7:15-9:55PM		All Welcome		OPEN GYM 9:30 -9:55PM		All Welcome							

Ocean Community YMCA  
 Westerly-Pawcatuck Branch  
 401-596-2894  
[oceancommunityymca.org](http://oceancommunityymca.org)  
 Spring Hours: M-F 5AM-10PM, S & S 7AM-6:00PM  
 Schedule is subject to change for Y events.

