

# Summer II Gym Schedule July 30 - August 26

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

Revised 7/17/18