



# GYM SCHEDULE July 31 - August 6, 2017

Gym Closed August 15th-27th for Routine Maintenance.  
 Re-Opens August 28th.  
 Basketball Camp August 7th-11th, 9:00-1:00pm.

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		
5:00-7:45AM 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							
8:00-9:00AM SILVER SNEAKERS CARDIO w/Jenn		8:00-9:00AM SILVER SNEAKERS LEVEL 2 w/Audrey		8:00-9:00AM SILVER SNEAKERS CARDIO w/Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 w/Audrey		8:00-9:00AM SILVER SNEAKERS CARDIO w/Polly		6:00am-12:00PM ADULT REC OPEN GYM		6:00am-12:00PM ADULT REC 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/Michelle		9:15-10:15AM SCULPT & STRENGTHEN & STEP w/Polly							
10:15-11:30 OPEN GYM		10:30-11:30AM SILVER SNEAKERS I w/Cheryl				10:30-11:30AM SILVER SNEAKERS LEVEL 1 w/Annalisa				Open Gym 12:00PM-3:00PM		Open Gym 7:00AM-3:00PM			
11:30AM-2:00PM ADULT REC BASKETBALL		11:30AM-2:25PM ADULT REC BASKETBALL		10:30-2:25PM ADULT REC BASKETBALL		12:00-2:00PM ADULT REC BASKETBALL		11:00AM-2:00PM ADULT REC BASKETBALL							
Open Gym 2:00pm -3:00pm						OPEN GYM 2:00 - 4:25PM		OPEN GYM 2:00 - 4:10pm							
Open Gym 3:00-5:25PM		2:30-4:00PM Intro to Jump Rope				Youth/Family Pickle Ball 4:30-5:45PM		OPEN GYM 2:00 - 5:00PM		OPEN GYM 3:00-4:25PM		3:00-4:25PM FAMILY GYM			
Basketball Training 3:00-5:25PM		2:30-3:00pm Basketball Training				4:25-6:00PM Pickle Ball		4:25-6:00PM Open Gym		Little Dunkers 4:15pm - 5:00		3:00-4:25PM FAMILY GYM			
Mens 18 + Basketball League 5:30-10:00pm		4:00-5:00PM Little Dunkers				6:00-9:00PM Pickle Ball		5:00pm-7:00pm 3 vs 3 Basketball		Family Sport Night 5:00p - 6:00p		3:00-4:25PM FAMILY GYM			
		5:00p - 5:45pm Open Gym				OPEN GYM 3:00 -9:55 PM		6:15 - 9:45PM Open Volleybal		Gymnastics Vault 7:00 - 7:45pm		OPEN GYM 3:00-4:25PM			
		5:30 - 7:00PM Open Gym		3:00 - 5:25pm Gymnastics				OPEN GYM 9:00-9:55PM		All Welcome		6:00 - 9:55PM FAMILY GYM		OPEN GYM 3:00-4:25PM	
		5:45 - 9:55PM Open Gym		7:00- 8:00pm Open Gym						8:00-9:55PM Open Gym					
		8:00 - 9:55PM Open Gym													

Ocean Community YMCA  
 Westerly-Pawcatuck Branch  
 401-596-2894  
 oceancommunityymca.org  
 Summer Hours: M-F 5AM-10PM, S&S 6AM-4:30PM  
 Schedule is subject to change.



# GYM SCHEDULE August 7 - August 13, 2017

Gym Closed August 15th-27th for Routine Maintenance.  
 Re-Opens August 28th.  
 Basketball Camp August 7th-11th, 9:00-1:00pm.

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	
5:00-7:45AM 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						
8:00-9:00AM SILVER SNEAKERS CARDIO w/ Jenn		8:00-9:00AM SILVER SNEAKERS LEVEL 2 w/ Audrey		8:00-9:00AM SILVER SNEAKERS CARDIO w/ Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 w/ Audrey		8:00-9:00AM SILVER SNEAKERS CARDIO w/ Polly		6:00am-12:00PM ADULT REC OPEN GYM		6:00am-7:30AM ADULT REC OPEN GYM		
Basketball Camp 9:00am 1:00pm		Basketball Camp 9:00am 1:00pm		Basketball Camp 9:00am 1:00pm		Basketball Camp 9:00am 1:00pm		Basketball Camp 9:00am 1:00pm				7:45AM - 8:15AM HIT 2B FIT w/ Carolyn		
1:00PM-2:00PM ADULT REC BASKETBALL		1:00PM-2:00PM ADULT REC BASKETBALL		1:00-2:25PM ADULT REC BASKETBALL		1:00-2:00PM ADULT REC BASKETBALL		1:00PM-2:00PM ADULT REC BASKETBALL		Open Gym 12:00PM-3:00PM		8:30AM - 9:30AM CARDIO SCULPT w/ Carolyn		
Open Gym 2:00pm -3:00pm		Open Gym 2:30- 3:00pm		OPEN GYM 3:00 -9:55 PM		OPEN GYM 2:00 - 4:25PM						Open Gym 9:45AM-3:00PM		
Open Gym 3:00-5:25PM	Basketball Training 3:00-5:25PM	2:30-4:00PM Intro to Jump Rope	2:30- 3:00pm Basketball Training			Youth/Family Pickle Ball 4:30-5:45PM	Open Gym 4:25-6:00PM	OPEN GYM 2:00 - 5:00PM	OPEN GYM 2:00-5:00PM	OPEN GYM 3:00-4:25PM	3:00-4:25PM FAMILY GYM	3:00-4:25PM FAMILY GYM	OPEN GYM 3:00-4:25PM	
Mens 18 + Basketball League 5:30-10:00pm		4:00-5:00PM Little Dunkers	3:00 - 5:25pm			Pickle Ball 6:00-9:00PM	Open Volleybal 6:15 - 9:45PM	3 vs 3 Basketball 5:00pm- 7:00pm	Family Sport Night 5:15p - 6:00pm					
		5:00p - 5:45pm	OPEN GYM 5:30 - 7:00PM			OPEN GYM 9:00-9:55PM	All Welcome	Gymnastics Vault 7:00 - 7:45pm	Open Gym 8:00-9:55PM	FAMILY GYM 6:00 - 9:55PM				
		Open Gym 5:45 - 9:55PM	Gymnastics 7:00- 8:00pm											
				Open Gym 8:00 - 9:55PM										

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