

Winter Gym Schedule Jan 2 - Feb 26th

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		MEN'S LEAGUE BASKETBALL STARTS 1/12	
8:00- 8:45AM SILVER SNEAKERS CARDIO Jenn		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Michele		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	
9:15-10:15AM 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 Michele		9:15-10:15AM SCULPT & STRENGTH Polly				MEN'S LEAGUE BASKETBALL 9:00-12:00pm	
10:30AM -12:00PM OPEN GYM		10:30-11:30AM SILVER SNEAKERS I Michele		REC BASKETBALL 10:30-2:00PM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		10:15-12:00PM OPEN GYM	10:30-11:15AM SPORTS GALORE Nick	OPEN GYM 12:00-1:00PM			
12:00-2:00PM REC BASKETBALL		11:30-2:00PM REC BASKETBALL				12:00-2:00PM REC BASKETBALL		12:00-2:00PM REC BASKETBALL				OPEN GYM 2:00-4:00PM	
2:00 -6:00PM OPEN GYM		2:00-4:15PM OPEN GYM	2:00-3:00PM OPEN GYM	2:00-4:15PM OPEN GYM	2:00-3:00PM OPEN GYM	4:30- 6:00PM OPEN GYM	2:00-3:00PM OPEN GYM	4:15 -5:00PM SPORTS GALORE Nick	3:00-3:45PM HS GYMNASTICS PRACTICE	3:00-6:00PM FAMILY GYM		1:00-6:00PM OPEN GYM	1:00-6:00PM FAMILY GYM
		4:15 -5:00PM SPORTS GALORE Nick	3:00-3:45PM HS GYMNASTICS TEAM	4:15-5:00PM SPORTS GALORE Nick	3:00-3:45PM HS GYMNASTICS TEAM	3:45-6:00PM OPEN GYM	3:45- 4:30PM OPEN GYM	5:00- 5:25PM OPEN GYM	3:45-4:45PM OPEN GYM				
6:00-7:00PM GYMNASTIC PRACTICE	6:00-8:00PM YBL PRACTICE	5:00-6:00PM GYMNASTIC PRACTICE	3:45- 7:00PM OPEN GYM	5:00-5:55PM GYMNASTIC PRACTICE	3:45-6:00PM OPEN GYM	6:00-9:00PM PICKLE BALL 18+	4:30-6:00PM GYMNASTIC PRACTICE	5:00- 5:25PM OPEN GYM	3:45-4:45PM OPEN GYM	4:45-5:30PM LIL DUNKERS	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.		
7:00-9:00PM YBL PRACTICE		6:00-9:00PM YBL PRACTICE	7:00- 8:00PM YBL PRACTICE	6:00-8:45PM Slo- Break League		9:00-9:55PM OPEN GYM	6:15-9:30PM OPEN VOLLEY BALL	5:30-8:30PM YBL GAMES	5:30-7:30 FAMILY GYM	7:30-8:30 GYMNASTIC PRACTICE			
9:00-9:55PM OPEN GYM	8:15-9:55PM OPEN VOLLEYBALL 18+	9:00-9:55PM OPEN GYM	8 - 9:55PM FAMILY GYM	8:45-9:55PM OPEN GYM		9:00-9:55PM OPEN GYM	8:35-9:55PM OPEN GYM	8:30-9:55 OPEN GYM	8:30-9:55 OPEN GYM				

Revised 1/1/19