

# Spring I Gym Schedule February 26th - April 22nd

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 Cheryl		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Polly		YBL GAMES 8:00-12:15PM		18+ Men's League 7:45AM-12:30PM	
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					
OPEN GYM 10:30AM -12:00PM		10:30-11:30AM SILVER SNEAKERS I Michele		OPEN GYM 10:30-2:30		OPEN GYM 10:30-12:00		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		Pickle Ball 10:30-12:00PM		Kinder Sports 10:30-11:15AM	
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM				St. Pius Rental 12:00-2:30PM		REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		OPEN GYM 12:00PM - 3:00PM	
OPEN GYM 2:00 -7:00PM		OPEN GYM 2:00-6:00PM		Open Gym 2:30PM-4:15PM		Open Gym 2:00 -4:30		OPEN GYM 2:00- 4:00PM		Kinder Sports 4:15 -5:00PM		Open Gym 4:00-4:45PM	
		Kinder Sports 4:15 -5:00		Gymnastic Practice 5:00- 6:00PM		LITTLE DUNKERS 6:00 - 6:45PM		Open Gym 5:00- 6:00PM					
YBL Practice 7:00-9:00PM		YBL Practice 6:00-9:00PM		YBL Practice 7:00- 8:00		Slo-Break League 6:00-8:45PM		PICKLEBALL 18+ 6:00-9:00PM		YBL GAMES 5:30-8:30PM		DUNKERS 4:45-5:30PM Falecia	
		YBL Practice 6:00-8:00PM		YBL Practice 7:00- 8:00		Slo-Break League 6:00-8:45PM		OPEN GYM 9:00-9:55PM					
OPEN GYM 9:00-9:55PM		8:15-10:00PM VOLLEYBALL 18+		Open Gym 9:00-9:55PM		8:45 -9:55PM OPEN GYM		8:35-9:55PM OPEN GYM		FAMILY GYM 6:35 - 9:55PM		FAMILY GYM 3:00-5:55PM	
<p><b>Ocean Community YMCA</b>  <b>Westerly-Pawcatuck Branch</b>  <b>401-596-2894</b>  <b>oceancommunityymca.org</b>                      Spring Hours: M-F 5:00AM-10PM, S &amp; S 6:00AM-6:00PM                      Schedule is subject to change for Y events.</p>													