



GYM SCHEDULE FEBRUARY 27 - JUNE 18, 2017

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 - 7:30 AM OPEN GYM		5:00 - 8:00 AM OPEN GYM		5:00 - 7:30 AM OPEN GYM		5:00 - 8:00 AM OPEN GYM		5:00 - 7:45 AM OPEN GYM					
8:00 - 8:45 AM SILVER SNEAKERS CARDIO w/ Michele		8:00 - 9:00 AM SILVER SNEAKERS LEVEL 2 w/ Audrey		8:00 - 9:00 AM SILVER SNEAKERS CARDIO w/ Gerry		8:00 - 9:00 AM SILVER SNEAKERS LEVEL 2 w/ Audrey		8:00 - 9:00 AM SILVER SNEAKERS CARDIO w/ Polly		7:00 - 7:40 AM OPEN GYM		7:00 - 7:40 AM OPEN GYM	
9:15 - 10:15 AM TOTAL BODY CONDITIONING w/ Diane		9:15 - 10:15 AM SILVER SNEAKERS LEVEL 1 w/ Michele		9:15 - 10:15 AM BODY SCULPT w/ Polly		9:15 - 10:15 AM SILVER SNEAKERS LEVEL 1 w/ Michele		9:15 - 10:15 AM SCULPT & STRENGTH w/ Polly		8:00 - 9:00 AM T-BALL		7:45 AM - 2:00 PM MEN'S 18+ LEAGUE	
10:30 - 11:30 AM BUTTS AND GUTTS w/ Trish or Tara		10:30 - 11:30 AM SILVER SNEAKERS I w/ Michelle T.		10:30 AM - 2:00 PM ADULT REC BASKETBALL		10:30 - 11:30 AM SILVER SNEAKERS LEVEL 1 w/ Michele		11:00 AM - 2:00 PM ADULT REC BASKETBALL		9:00 AM - 12:00 PM BASKETBALL ACADEMY			
11:30 AM - 2:00 PM ADULT REC BASKETBALL		11:30 AM - 2:00 PM ADULT REC BASKETBALL				12:00 - 2:00 PM ADULT REC BASKETBALL				12:00 - 2:00 PM GYMNASTICS VAULT		12:00 - 2:00 PM GYMNASTICS VAULT	
2:00 - 6:00 PM OPEN GYM		2:00 - 6:00 PM OPEN GYM		2:00 - 6:15 PM OPEN GYM		2:00 - 6:00 PM OPEN GYM		2:00 - 4:45 PM OPEN GYM		2:00 PM - 5:55 PM OPEN GYM		3:00 - 5:55 PM FAMILY GYM	
		6:00 - 6:45 PM LITTLE DUNKERS						6:00 - 9:55 PM OPEN GYM					
7:00 - 8:00 PM GYMNASTICS VAULT		7:00 - 7:45 PM GYMNASTICS VAULT		6:30 - 9:30 PM WOMAN'S BASKETBALL LEAGUE		6:00 - 8:00 PM PICKLE BALL AGES 18+		6:15 - 9:45 PM OPEN VOLLEYBALL AGES 18+		5:30 - 9:55 PM OPEN GYM		7:30 - 9:55 PM FAMILY GYM	
8:05 - 9:55 PM OPEN GYM		8:00 - 9:55 PM ADULT REC				8:15 - 9:30 PM OPEN SOCCER AGES 18+		8:15 - 9:30 PM OPEN SOCCER AGES 18+					
7:15 - 9:55 PM OPEN VOLLEYBALL AGES 18+				9:30 - 9:55 PM OPEN GYM									

Ocean Community YMCA
Westerly-Pawcatuck Branch
401-596-2894
oceancommunityymca.org
 Spring Hours: M-F 5AM-10PM, S & S 7AM-6:00PM
 Schedule is subject to change for Y events.
REVISED 3/28/2017