



Gymnasium @ Naik Family Branch YMCA
January 2nd - February 19th

1 Harry Austin Drive
Mystic, CT 06355
(860) 536-3575

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Pickleball N/A . 6am - 7:45am	Pickleball N/A . 6am - 8:45am	Pickleball N/A . 6am - 7:45am	Adult Pickleball N/A . 6am - 8:45am	Pickleball N/A . 6am - 7:45am	Adult Pickleball N/A . 6am - 8:45am	Open Gym N/A . 6am - 1:45pm
9am	Open Gym N/A . 9am - 4:15pm						
10am			Pickleball N/A . 10:30am - 12:30pm		Open Gym N/A . 10:30am - 8:45pm		
11am		Open Gym N/A . 11:15am - 8:45pm		Open Gym N/A . 11:15am - 4:15pm			
12pm			Open Gym N/A . 12:45pm - 5:15pm			Open Gym N/A . 12:45pm - 1:45pm	
2pm						Open Family Gym N/A . 2pm - 3:45pm	Open Family Gym N/A . 2pm - 3:45pm
4pm	Open Gym- Half court N/A . 4:15pm - 5:45pm						
5pm	Open Gym Court 5:45pm - 8:45pm			Open Gym N/A . 5:45pm - 8:45pm			
6pm			Open Gym N/A . 6:45pm - 8:45pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

Classes in Gymnasium are not necessarily listed, but times are reflective of non-availability of the Gym accordingly.



Class Descriptions
Naik Family Branch YMCA

1 Harry Austin Drive
Mystic, CT 06355
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Open Gym Court - Open Gym Time (general)

Pickleball - ages 18+