



Gymnasium
Gymnasium @ Naik Family Branch YMCA
 October 31st - December 18th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am				Open Gym N/A . 5am - 8:45am			
6am	Pickleball N/A . 6am - 7:45am	Pickleball N/A . 6am - 8:45am	Pickleball N/A . 6am - 7:45am		Pickleball N/A . 6am - 7:45am	Pickleball N/A . 6am - 8:45am	Open Gym N/A . 6am - 1:45pm
9am	Open Gym N/A . 9am - 6:30pm					Open Gym N/A . 9am - 9:45am	
10am			Pickleball N/A . 10:30am - 12:30pm	Open Gym N/A . 10am - 4:15pm	Open Gym N/A . 10:35am - 7:15pm		
11am		Open Gym N/A . 11am - 6:30pm				Open Gym N/A . 11:15am - 1:45pm	
12pm			Open Gym N/A . 12:45pm - 5:15pm				
2pm						Open Family Gym N/A . 2pm - 3:45pm	Open Family Gym N/A . 2pm - 3:45pm
5pm				Open Gym N/A . 5:45pm - 6:45pm			
6pm	Pickleball N/A . 6:45pm - 8:45pm	Full Court Basketball N/A . 6:45pm - 8:45pm	Full Court Basketball N/A . 6:45pm - 8:45pm	Full Court Basketball N/A . 6:45pm - 8:45pm			
7pm					Open Volleyball N/A . 7:30pm - 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.



Class Descriptions Naik Family Branch YMCA

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Full Court Basketball - The court will be used for full court pick up basketball. Please use open gym time to play basketball with family. See a director for more information or questions.

Pickleball - ages 18+