



Gymnasium Schedule

Gymnasium @ Naik Family Branch YMCA

June 20th - August 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5am - 6am	Open Gym 5am - 6am	Open Gym 5am - 6am	Open Gym 5am - 8:45am	Open Gym 5am - 6am		
6am	Pickleball 6am - 7:45am	Pickleball 6am - 8:45am	Pickleball 6am - 7:45am		Pickleball 6am - 7:45am	Pickleball 6:30am - 9am	Open Gym 6am - 10:30am
9am	Open Gym 9am - 10am					Open Gym 9am - 9:45am	
10am	Camp Cove 10am - 3pm		Camp Cove 10am - 10:30am	Camp Cove 10am - 2pm	Camp Cove 10am - 2pm		
	Open Gym- Half court 10am - 3pm		Open Gym- Half court 10am - 10:30am	Open Gym- Half court 10am - 2pm	Open Gym- Half court 10am - 2pm		
			Adult Pickleball 10:30am - 12:30pm				
11am		Camp Cove 11am - 3pm				Open Gym 11:05am - 3:55pm	Open Gym 11:35am - 3:55pm
		Open Gym- Half court 11am - 3pm					
		Camp Cove 11am - 3pm					
12pm			Open Gym- Half court 12:30pm - 2pm				
			Camp Cove 12:30pm - 2pm				
2pm			Open Gym 2pm - 5:15pm	Open Gym 2pm - 7:55pm	Open Gym 2pm - 7:55pm		
3pm	Open Gym 3pm - 6:30pm	Open Gym 3pm - 7:55pm					
6pm	Pickleball 6:30pm - 7:55pm		Open Gym 6:35pm - 7:55pm				

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.