



Gymnasium @ Naik Family Branch YMCA
April 16th - May 31st

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 - 7:45am	Pickleball N/A . 6am - 7:45am	Pickleball N/A . 6am - 7:45am	Pickleball N/A . 6am - 7:45am	Pickleball N/A . 6am - 7:45am	Open Gym N/A . 6am - 1:45pm
7am		Pickleball (Beginner) N/A . 7:45am - 8:45am		Pickleball (Beginner) N/A . 7:45am - 8:45am		Pickleball (Beginner) N/A . 7:45am - 8:45am	
9am	Open Gym N/A . 9am - 4pm						
10am			Pickleball N/A . 10:30am - 12:30pm		Open Gym N/A . 10:30am - 8:45pm		
11am		Open Gym N/A . 11:15am - 4:15pm		Open Gym N/A . 11:15am - 4:15pm			
12pm			Open Gym N/A . 12:45pm - 5:15pm			Open Gym- Half court N/A . 12:45pm - 3:45pm	
2pm							Open Gym- Half court N/A . 2pm - 3:45pm
4pm	Open Gym- Half court N/A . 4pm - 6pm	Open Volleyball N/A . 4:30pm - 6:30pm					
5pm				Pickup Basketball N/A . 5:45pm - 8:45pm			
6pm	Pickup Basketball N/A . 6pm - 8:45pm	Open Gym- Half court N/A . 6:30pm - 8:45pm	Pickup Basketball 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.



Class Descriptions Naik Family Branch YMCA

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Open Volleyball - The six volleyball court positions are setter, middle blocker, outside hitter, opposite hitter, libero and serving specialist. The two teams will hit the ball back and forth over the net until a fault occurs. There is a maximum of three hits per side

Pickleball - ages 18+

Pickup Basketball - Ages 14+ Players shoot to determine teams, first 5 made baskets on same team. Next 5 waiting play the winners. If do not have 5, players from losing team shoot to fill open spots. exceptions • First team to 11 wins, no "win by 2 rule"