



REGIONAL YMCA OF WESTERN CT Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN 5:30a-6:30a	Swim Team 5:00a-6:00a	SPIN 5:30a-6:30a	Swim Team 5:00a-6:00a	OPEN GYM 6:00a-7:00a	SPIN 8:00a-8:45a	SPIN 8:00a-8:45a
OPEN GYM 6:30a-7:00a	1/2 Gym	OPEN GYM 6:30a-7:00a	1/2 Gym	SPIN 7:45a-8:45a	Group X 8:45a-10:15a	Group X 8:45a-11:15a
Volleyball 7:00a-9:00a	Group X 6:00a-6:45a	OPEN GYM	Group X 6:00a-6:30a	1/2 Gym	Youth Sports 10:15a-11:15a	OPEN GYM 11:15a-1:00p
1/2 Open Gym 7:00a-9:00a	OPEN GYM 6:45a-7:45a	Volleyball 7:00a-9:00a	OPEN GYM 6:30a-7:45a	Volleyball 7:00a-9:00a	OPEN GYM 11:15a-1:00p	
Group X 9:00a-12:00p no open gym	Group X 7:45a-10:15a no open gym	1/2 Open Gym	Group X 7:45a-10:30a	1/2 Open Gym		
	SPIN 8:45a-9:45a	SPIN 8:45a-9:45a	OPEN GYM 10:30a-12:30p	Group X 9:00a-12:30p no open gym		
OPEN GYM 12:00p-5:00p	OPEN GYM 10:15a-12:30p	Group X 10:15a-11:30a	Pickleball 12:30p-2:30p	OPEN GYM 12:30a-4:00p		
	Pickleball 12:30p-2:30p	no open gym	1/2 Open Gym			
	OPEN GYM 11:30a-5:00p	OPEN GYM 11:30a-5:00p	OPEN GYM 2:30p-4:15p			
Group X 5:00p-7:30p no open gym		Group X 5:00p-7:00p no open gym	Teen Boot Camp 4:15p-5:15p			
			OPEN GYM 5:15p-6:15p			
OPEN GYM 7:30p - 8:00p	OPEN GYM 2:30p-8:00p	OPEN GYM 7:00p - 8:00p	Group X 6:15p-7:30p no open gym			
			OPEN GYM 7:30p-8:00p			

Gymnasium Etiquette

- **NO PICKLEBALL OR VOLLEYBALL DURING OPEN GYM TIME.**
- **PICKLEBALL PLAYERS BRING OWN RACKET AND BALLS. MEMBERS ONLY**
- **Anything highlighted may have half or full court closed due to programs.**
- **Please change to sneakers before entering the gymnasium.**
- **No food or drink allowed in the gymnasium. Water only.**
- **You must be 13 years or older to be in the gymnasium without adult supervision.**
- ** SA = School Age/ Youth Sports paid classes**

10/5/2021