



March Gymnasium Schedule

CRANSTON YMCA

SUNDAY

OPEN GYM
6AM – 12PM

Schedule is
subject to change

*Birthday Parties
Run on Sat from
1pm-3pm. Court
availability may
vary.

MONDAY

OPEN GYM
5AM – 7AM

OST Full Court
7AM-9AM

Group Ex
9AM-12PM

OPEN GYM
12PM -3PM

OST Full Court
3PM-5PM

FUNDAMENTALS
BASKETBALL

*PRESCHOOL
5:15PM – 5:45PM
*K – 1ST GRADE
6PM – 6:45PM

Gym Rental
7:00pm-9:30pm

TUESDAY

OPEN GYM
5AM – 7AM

OST Full Court
7AM-9AM

Group Ex
9AM-12PM

OPEN GYM
12PM -3PM

OST Full Court
3PM-5PM

FUNDAMENTALS
BASKETBALL
*GRADES
4TH – 8TH
6PM – 7PM

Gym Rental
7PM-8:30PM
1/4/23-2/13/24

WEDNESDAY

OPEN GYM
5AM – 7AM

OST Full Court
7AM-9AM

Group Ex
9AM-12PM

OPEN GYM
12PM -3PM

OST Full Court
3PM-5PM

*PRESCHOOL
SOCCER
5:15PM – 5:45PM
*YOUTH SOCCER
6PM – 7PM

Gym Rental
7PM-9:30PM

THURSDAY

OPEN GYM
5AM – 7AM

OST Full Court
7AM-9AM

Group Ex
9AM-12PM

OPEN GYM
12PM -3PM

OST Full Court
3PM-6PM

Open Gym
6PM -7PM

Gym Rental
7PM -9PM

Gym fully closed during Group
Ex/Ost/Rentals

FRIDAY

OPEN GYM
5AM – 7AM

OST Full Court
7AM-9AM

Group Ex
9AM-12PM

OPEN GYM
12PM -3PM

OST Full Court
3PM-6PM

OPEN GYM
6PM-7PM

SATURDAY

OPEN GYM
6AM – 9AM

YOUTH
BASKETBALL
*GRADES
K – 1ST
9AM – 9:45AM
*GRADES
2ND – 3RD
10AM – 10:45AM
*GRADES
4th- 8th
11AM-11:45

FUNDAMENTALS
BASKETBALL
*GRADES
2ND – 3RD
12PM – 12:45PM

REGISTRATION
REQUIRED

OPEN GYM
1PM – 3PM



Attention!

As you know the renovations have started, as the change is taking place upstairs, we've made our own changes to the schedule. Moving forward, until the work upstairs is complete, the gym will be a shared space. Please respect the time slots and activities going on in their spaces.

Thank You

GYM WILL BE CLOSED

MONDAY-FRIDAY

7AM-12PM

MONDAY -Thursday 3PM-9PM

FRIDAY 3PM-6PM