Gymnasium and Track Schedule: August 2025

OLD SAYBROOK OSPR PARKS AND RECREATION

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	Summer Camp 8:00am - 4:00pm	Summer Camp 8:00am - 4:00pm	Summer Camp 8:00am - 4:00pm	Summer Camp 8:00am - 4:00pm	Summer Camp 8:00am - 4:00pm	CLOSED	CLOSED
7:30AM							
8:00AM							
8:30AM							
9:00AM						Open Gym 9:00am - 4:00pm	
9:30AM							
10:00 AM			Open Gym 10:00am - 11:30pm				
10:30AM							
11:00AM							
11:30AM							
12:00PM				Open Gym 12:00pm - 1:00pm			
12:30PM							
1:00PM					Open Gym 1:00pm - 2:00pm		
1:30PM		Open Gym 1:00pm - 3:00pm					
2:00PM							
2:30PM							
3:00PM							
3:30PM							
4:00PM	Open Gym 4:00pm - 7:00pm	Open Gym 4:00pm - 7:00pm	Open Gym 4:00pm - 7:00pm	Open Gym 4:00pm - 7:00pm	CLOSED	CLOSED	
4:30PM							
5:00PM							
5:30PM							
6:00PM							
6:30PM							
7:00PM	18+ Basketball 7:00pm - 8:30pm	18+ Basketball 7:00pm - 8:30pm	18+ Basketball 7:00pm - 8:30pm	Womens Open Gym 7:00pm - 8:30pm			
7:30PM							
8:00PM							
8:30PM							

The Track is open all day *Must be 16+ or accompanied with an adult*
Summer Camp Starts Monday, June 23rd - Open Gym times are estimates
Monday - Friday, 8:00am - 4:00pm Camp takes priority especially during inclement weather
Volleyball Camp - Monday, August 4th - 7th, 4:45pm - 6:30pm

Building Hours
Monday - Thursday: 7:00am - 8:30pm
Friday: 7:00am - 4:00pm
Saturday: 9:00am - 4:00pm
Sunday: Closed