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| **Gym Schedule December** | **2022** |
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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Inquire about our personal trainer – Andy Molick!** |  |  |   | 1**Recreational Pickleball– 8am to 1pm** **Open Gym – 1pm to 8pm****Squash – Open all day** | 2**Adult Age Group Basketball – 7am to 8:30am****Intermediate/ Advanced Pickleball Play – 8:30am to 1pm****Open Gym – 1:30pm to 3pm****Squash – Open all day** | 3**Squash – Open all day****Open Gym- All day** |
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| 4**Open Gym – 8am to 11:45am – Half court** **Volleyball Rental – 8:30am to 11:30am****Volleyball Rental – 12pm to 3pm – Full court****Squash – Open all day** | 5**Intermediate/ Advanced Pickleball Play – 8am to 1pm** **Open Gym – 1:30pm- 4:30pm/ 6:30-8pm****Soccer Shots- 4:30-6:30 pm****Squash – Open all day** | 6**Adult Age Group Basketball – 7am to 8:30am****Recreational Pickleball– 8:30am to 1pm** **Beginners Pickleball Lessons- 1pm-3pm****Open Gym – 3pm to 8pm****Squash – Open all day****H2 Health Fall Prevention Screening- 11-12** | 7**Intermediate/ Advanced Pickleball Play – 8am to 12pm****Drum Ball- 12-1 – Half Court****Open Gym – 1pm to 6pm****40 & Over Men’s Basketball League – 6:30pm to 8pm****Squash – Open all day** | 8**Recreational Pickleball– 8am to 1pm** **Open Gym – 1pm to 8pm****Squash – Open all day** | 9**Adult Age Group Basketball – 7am to 8:30am****Intermediate/ Advanced Pickleball Play – 8:30am to 1pm****Squash – Open all day** | 10**Squash – Open all day****MSE Player Evaluations- 8am -1pm****Gym Closed** |
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| 11**Squash – Open all day****Open Gym – 8am to 11:45am – Half court** **Volleyball Rental – 8:30am to 11:30am****Volleyball Rental – 12pm to 3pm – Full court** | 12**Intermediate/ Advanced Pickleball Play – 8am to 1pm** **Open Gym – 1:30pm- 4:30pm / 7-8pm****Soccer Shots- 4:30-6:30 pm****MSE Player Evals – 5pm-7pm****Squash – Open all day** | 13**Adult Age Group Basketball – 7am to 8:30am****Recreational Pickleball– 8:30am to 1pm** **Beginners Pickleball Lessons- 1pm-3pm****MSE Player Evals – 5pm-7pm****Open Gym – 3pm- 5pm, 7pm-8pm****Squash – Open all day** | 14**Intermediate/ Advanced Pickleball Play – 8am to 1pm****Open Gym – 1pm to 6pm****40 & Over Men’s Basketball League – 6:30pm to 8pm****Squash – Open all day** | 15**Recreational Pickleball– 8am to 1pm** **Open Gym – 1pm to 8pm****Squash – Open all day** | 16**Adult Age Group Basketball – 7am to 8:30am****Intermediate/ Advanced Pickleball Play – 8:30am to 1pm****Open Gym – 1:30pm to 3pm****Squash – Open all day** | 17**Squash – Open all day****PMA Graduation- 10am-12pm****Open Gym- 8am-10am, 12pm-1pm** |
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| 18**Open Gym – 8am to 1pm – Half court** **Volleyball Rental – 8:30am to 11:30am****Squash – Open all day** | 19**Intermediate/ Advanced Pickleball Play – 8am to 1pm** **Open Gym – 1:30pm- 4:30pm/ 6:30-8pm****Soccer Shots- 4:30-6:30pm****Squash – Open all day** | 20**Adult Age Group Basketball – 7am to 8:30am****Recreational Pickleball– 8:30am to 1pm** **Beginners Pickleball Lessons- 1pm-3pm****Open Gym – 3pm to 8 PM****Squash – Open all day** | 21**Intermediate/ Advanced Pickleball Play – 8am to 12 pm****Drum Ball- 12-1 – Half Court****Open Gym – 1pm to 8pm****40 & Over Men’s Basketball League – 6:30pm to 8pm****Squash – Open all day****Handgrip Strength Screening- 11-1** | 22**Recreational Pickleball– 8am to 1pm** **Open Gym – 1pm to 8pm****Squash – Open all day** | 23**Adult Age Group Basketball – 7am to 8:30am****Intermediate/ Advanced Pickleball Play – 8:30am to 1pm****Open Gym – 1:30pm to 3pm****Squash – Open all day** | 24**Open Gym- All day****Squash – Open all day** |
|  |  |  |  |  |  |
| 25**Building Closed****Merry Christmas!** | 26**Intermediate/ Advanced Pickleball Play – 8am to 1pm** **Open Gym – 1:30pm- 8pm****Squash – Open all day** | 27**Adult Age Group Basketball – 7am to 8:30am****Recreational Pickleball– 8:30am to 1pm** **Beginners Pickleball Lessons- 1pm-3pm****Open Gym – 3pm to 8 PM****Squash – Open all day** | 28**Intermediate/ Advanced Pickleball Play – 8am to 1pm****Open Gym – 1pm to 8pm****Squash – Open all day** | 29**Recreational Pickleball– 8am to 1pm** **Open Gym – 1pm to 8pm****Squash – Open all day** | 30**Adult Age Group Basketball – 7am to 8:30am****Intermediate/ Advanced Pickleball Play – 8:30am to 1pm****Open Gym – 1:30pm to 3pm****Squash – Open all day** |  31Open Gym- All day**Squash – Open all day** |
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JCC Wellness Screenings are typed in “Blue”. Fitness Classes in the gym are typed “Red”. Other Info is typed “Green”