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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** |
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| 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** | 31  Open 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”