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| **Gym Schedule May** | **2023** |
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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | | **Thursday** | | **Friday** | **Saturday** |
|  | 1  **Intermediate/ Advanced Pickleball Play – 8am to 1pm**  **Pickleball League- 1pm-3pm**  **Open Gym – 3pm- 5pm**  **MSE Practice- 5-8pm**  **Squash – Open all day** | 2  **Adult Age Group Basketball – 7am to 8:30am**  **Recreational Pickleball– 8:30am to 1pm**  **Soccer Shots- 9-11am**  **Beginners Pickleball Lessons- 1pm-3pm**  **Open Gym – 3pm to 4:30pm**  **MSE Practice- 4:30-8 pm**  **Squash – Open all day** | 3  **Intermediate/ Advanced Pickleball Play – 8am to 12pm**  **Soccer Shots- 9-11am**  **Drum Ball- 12-1 – Half Court**  **Open Gym – 1pm to 5pm**  **MSE Practice- 5-8pm**  **Squash – Open all day** | | 4  **Recreational Pickleball– 8am to 1pm**  **Pickleball League- 1-3pm**  **Open Gym – 3pm to 4:30pm**  **MSE Practice- 4:30-8 pm**  **Squash – Open all day** | | 5  **Adult Age Group Basketball – 7am to 8:30am**  **Intermediate/ Advanced Pickleball – 8:30am to 12pm**  **Recreational/ Novice Pickleball- 12pm-3p**  **Squash – Open all day** | 6  **Squash – Open all day**  **Open Gym- 8-1** |
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| 7  **Open Gym – 8am to 11:45am – Half court**  **Volleyball Rental – 8:30am to 11:30am**  **Pickleball Lessons- 12-1pm**  **Squash – Open all day** | 8  **Intermediate/ Advanced Pickleball Play – 8am to 1pm**  **Pickleball League- 1pm-3pm**  **Open Gym – 3pm- 5pm**  **MSE Practice- 5-8pm**  **Squash – Open all day** | 9  **Adult Age Group Basketball – 7am to 8:30am**  **Recreational Pickleball– 8:30am to 1pm**  **Soccer Shots- 9-11am**  **Beginners Pickleball Lessons- 1pm-3pm**  **Open Gym – 3pm to 4:30pm**  **MSE Practice- 4:30-8 pm**  **Squash – Open all day** | 10  **Intermediate/ Advanced Pickleball Play – 8am to 12pm**  **Soccer Shots- 9-11am**  **Drum Ball- 12-1 – Half Court**  **Open Gym – 1pm to 5pm**  **MSE Practice- 5-8pm**  **Squash – Open all day**  **Prime Physical Therapy Screening 8-12** | | 11  **Recreational Pickleball– 8am to 1pm**  **Pickleball League- 1-3pm**  **Open Gym – 3pm to 4:30pm**  **MSE Practice- 4:30-8 pm**  **Squash – Open all day** | | 12  **Adult Age Group Basketball – 7am to 8:30am**  **Intermediate/ Advanced Pickleball – 8:30am to 12pm**  **Recreational/ Novice Pickleball- 12pm-3p**  **Squash – Open all day** | 13  **Squash – Open all day**  **Northeast Chaos Travel Practice – 11-1**  **Open Gym- 8-11** |
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| 14  **Open Gym – 8am to 11:45am – Half court**  **Volleyball Rental – 8:30am to 11:30am**  **Pickleball Lessons- 12-1pm**  **Squash – Open all day** | 15  **Intermediate/ Advanced Pickleball Play – 8am to 1pm**  **Pickleball League- 1pm-3pm**  **Open Gym – 3pm- 5pm**  **MSE Practice- 5-8pm**  **Squash – Open all day** | 16  **Adult Age Group Basketball – 7am to 8:30am**  **Recreational Pickleball– 8:30am to 1pm**  **Soccer Shots- 9-11am**  **Beginners Pickleball Lessons- 1pm-3pm**  **Open Gym – 3pm to 4:30pm**  **MSE Practice- 4:30-8 pm**  **Squash – Open all day** | 17  **Intermediate/ Advanced Pickleball Play – 8am to 12pm**  **Soccer Shots- 9-11am**  **Drum Ball- 12-1 – Half Court**  **Open Gym – 1pm to 5pm**  **MSE Practice – 5-8 pm**  **Squash – Open all day** | | 18  **Recreational Pickleball– 8am to 1pm**  **Pickleball League- 1-3pm**  **Open Gym – 3pm to 4:30pm**  **MSE Practice- 4:30-8 pm**  **Squash – Open all day** | | 19  **Adult Age Group Basketball – 7am to 8:30am**  **Intermediate/ Advanced Pickleball – 8:30am to 12pm**  **Recreational/ Novice Pickleball- 12pm-3p**  **Squash – Open all day** | 20  **Squash – Open all day**  **Northeast Chaos Travel Practice – 11-1**  **Open Gym- 8-11** |
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| 21  **Open Gym – 8am to 11:45am – Half court**  **Volleyball Rental – 8:30am to 11:30am**  **Pickleball Lessons- 12-1pm**  **Squash – Open all day** | 22  **Intermediate/ Advanced Pickleball Play – 8am to 1pm**  **Pickleball League- 1pm-3pm**  **Open Gym – 3pm- 5pm**  **MSE Practice- 5-8pm**  **Squash – Open all day** | 23  **Adult Age Group Basketball – 7am to 8:30am**  **Recreational Pickleball– 8:30am to 1pm**  **Soccer Shots- 9-11am**  **Beginners Pickleball Lessons- 1pm-3pm**  **Open Gym – 3pm to 8pm**  **Squash – Open all day** | 24  **Intermediate/ Advanced Pickleball Play – 8am to 12pm**  **Soccer Shots- 9-11am**  **Open Gym – 1pm to 5pm**  **Mens Basketball League-5pm-8pm**  **Squash – Open all day**  **Geisinger “Bone Density Screening 11-1** | | 25  **Recreational Pickleball– 8am to 1pm**  **Pickleball League- 1-3pm**  **Open Gym – 3pm to 6pm**  **40 and over Basketball League – 6pm-8pm**  **Squash – Open all day** | | 26  **Adult Age Group Basketball – 7am to 8:30am**  **Intermediate/ Advanced Pickleball – 8:30am to 12pm**  **Recreational/ Novice Pickleball- 12pm-3p**  **Squash – Open all day** | 27  **Squash – Open all day**  **Open Gym- 8am-1pm** |
|  |  |  |  | |  | |  |
| 28  **Open Gym – 8am to 11:45am – Half court**  **Volleyball Rental – 8:30am to 11:30am**  **Pickleball Lessons- 12-1pm**  **Squash – Open all day** | 29  **Building Closed** | 30  **Adult Age Group Basketball – 7am to 8:30am**  **Recreational Pickleball– 8:30am to 1pm**  **Soccer Shots- 9-11am**  **Beginners Pickleball Lessons- 1pm-3pm**  **Open Gym – 3pm to 8pm**  **Squash – Open all day** | 31  **Intermediate/ Advanced Pickleball Play – 8am to 12pm**  **Soccer Shots- 9-11am**  **Drum Ball- 12-1 – Half Court**  **Open Gym – 1pm to 5pm**  **Mens Basketball League-5pm-8pm**  **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”