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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** |
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| 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”