

Gymnasium Schedule November 2014

Monday

	Court 1	Court 2
5:30am-9:30am	Open	Open
9:30am-12:00pm	ECE	ECE
12:00pm-6:00pm	Open	Youth Sports Classes
6:00pm-7:00pm		Group Exercise
7:00pm-9:00pm	Open Adult Volleyball	Open
9:00pm-10:00pm	Open	

Tuesday

	Court 1	Court 2
5:30am-9:30am	Open	Open
9:30am-10:30am	ECE	ECE
10:30am- 12:00pm	ECE	Group Exercise
12:00pm-6:00pm	Open	Youth Sports Classes
6:00pm-10:00pm	Adult Pick-Up Basketball Ages 18+	

Wednesday

	Court 1	Court 2
5:30am-9:30 am	Open	Open
9:30am-10:30am	ECE	Group Exercise
10:30am-12:00pm		Youth Sports Classes
12:00pm-7:00pm	Open	
7:00pm-10:00pm	Open	

Thursday

	Court 1	Court 2
5:30am-9:30am	Open	Open
9:30am-12:00pm	ECE	ECE Movement
12:00pm-1:30pm	Open	Group Exercise
1:30pm-6:00pm		Youth Sports classes
6:00pm-10:00pm	Adult Open Basketball	

Friday

	Court 1	Court 2
5:30am-9:30am	Open	Open
9:30am-12:00pm	ECE	ECE
12:00pm-3:00pm	Open	Open
3:00pm-6:00pm		Afterschool Programs
6:00pm-8:00pm	Open	

Saturday

	Court 1	Court 2
7:00am-3:00pm	Open	
3:00pm-5:00pm	Open	
5:00pm-8:30pm	Open	

Sunday

	Court 1	Court 2
7:00am-9:00am	Open	Adult Open Basketball
9:00am-10:00am	Family Gym	Bootcamp
10:00am-12:00pm		Adult Open Basketball
12:15pm-8:00pm	Open	

Gymnasium Rules

1. No food or beverages are allowed in the Gymnasium (plastic water bottles are allowed).
2. Athletic shoes must be worn on the gym floor (no street shoes or hard-soled shoes that leave marks).
3. Please return all basketball balls to the cart.
4. Profanity, fighting, excessive yelling, and unnecessary aggressiveness will not be tolerated at any time.
5. Children 6th grade or below must be accompanied by an adult.

Gymnasium Closings

- **Sunday, November 9:** Court 2 closed 8:00am-11:00pm for Group Exercise Classes.
- **Friday, November 21-Saturday, November 22:** The Gymnasium will be closed for the Dinner of Champions.
- **Thursday, November 27:** Gymnasium closes at 3:00pm.



Discover Your Center

Schedule is subject to change due to JCC programs. Please visit us on the web at www.jccgw.org or call 301-881-0100 for updates.