

Gymnasium Schedule JULY 2015

MONDAY

	Court 1	Court 2
5:30 – 11:30am	ECE	Group Exercise
11:30-12:30pm	Open	Group Exercise
12:30 - 7:00pm	Open	Open
7:00 - 9:00pm	Adult Volleyball	Open
9:00 - 10:00pm	Open	Open

TUESDAY

	Court 1	Court 2
5:30 – 9:00am	Open	Open
9:00-10:00am	ECE	Group Exercise
10:00-11:00am	ECE	Open
11:00-12:30pm	Open	Group Exercise
12:30 - 6:00pm	Open	Open
6:00 - 10:00pm	Adult Basketball	

WEDNESDAY

	Court 1	Court 2
5:30 - 8:30am	Open	Open
8:30 - 10:00am	ECE	Group Exercise
10:00-10:30am	Group Exercise	Parent & Tot Gym
10:30-11:30am	Group Exercise	Open
11:30-4:00pm	Open	Open
4:00-5:00pm	Open	Youth Sports Classes
5:00-7:00pm	Open	Open
7:00 - 9:00pm	Volleyball Club	Open
9:00 - 10:00pm	Open	Open

THURSDAY

	Court 1	Court 2
5:30 - 8:00am	Open	Open
8:00 - 9:00am	ECE	Group Exercise
9:30 - 12:00pm	ECE	Open
12:00 – 6:00pm	Open	Open
6:00 - 8:30pm	Adult Basketball	Maccabi Practice
8:30 -10:00pm	Adult Basketball	

FRIDAY

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

SATURDAY

	Court 1	Court 2
7:00 - 8:30am	Open	Open
8:30 - 12:00pm	Volleyball Club	Open
12:00 - 8:30pm	Open	Open

SUNDAY

	Court 1	Court 2
7:00 - 9:00am	Open	Open
9:00 - 12:00pm	Family Gym	Adult Basketball
12:00 - 8:30pm	Open	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

- **Wed., July 15:** Court 2: 6:00-7:30pm Maccabi Practice
- **Wed., July 22:** Court 2: 6:00-7:30pm Maccabi Practice
- **Sat., July 25:** Court 2: 10:00am-12:00pm Maccabi Practice
- **Sun., July 26:** Court 2: 5:00-7:30pm Maccabi Practice
- **Mon., July 27:** Court 1 & 2: 6:00-9:00pm Maccabi Practice
- **Tues., July 28:** Court 1 & 2: 6:00-9:00pm Maccabi Practice
- **Wed., July 29:** Court 1 & 2: 6:00-9:00pm Maccabi Practice
- **Thurs., July 30:** Court 1 & 2: 6:00-9:00pm Maccabi Practice



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.