

GYM SCHEDULE

Effective October 14, 2021

Classes in red denote changes or new classes.

Schedule is subject to change without notice due to holidays, class enrollment, or overcrowding.

+ Denotes class included in the Fitness Class Add-On

R Denotes a fee based program that requires registration

MONDAY

5:30-8am	Open Gym
8-10:00am	Open Pickleball
10:00am-12pm	Half Open / Youth Programs
12pm-1pm	Open Gym
1-3pm	Building Closed
3-4pm	Half Open / Youth Programs
4-5:30pm	Youth Programs
5:30-8pm	Open Gym

TUESDAY

5:30-7:30am	Pick-up Basketball
7:30-9am	Open Gym
9am-12pm	Half Open / Youth Programs
12-1pm	Open Gym
1-3pm	Building Closed
3-5:15pm	Half Open / Youth Programs
5:15-6:15pm	Open Gym
6:15-9pm	4v4 Basketball League

WEDNESDAY

5:30-8am	Open Gym
8-10am	Open Pickleball
10-12pm	Youth Programs
12-1pm	Open Gym
1-3pm	Building Closed
3-5:15pm	Open Pickleball
5:30-8pm	Pickleball Ladder League

THURSDAY

5:30-8am	Open Gym
8-12pm	Half Open / Youth Programs
12-1pm	Open Gym
1-3pm	Building Closed

3-5:30pm Half Open/ Youth Programs

5:30-6:30pm Open Gym

6:30-8pm Pickup Basketball

FRIDAY

5:30-8am Open Gym

8-10:30am Open Pickleball

10:30-1pm Half Open/ Youth Programs

SATURDAY

11-1pm Open Pickleball

1-3pm Pickup Basketball

SUNDAY

8-10am **+** **R** Brickyard Pickleball

10-11:30am Pickup Basketball

11:30-2pm **R** Youth Programs/ Half Open

2-3pm **R** Family Soccer

GYM ACTIVITIES

OPEN GYM: Gym is available for drop in/ reserved use.

HALF OPEN: Half of the Gym is available for drop in use.

YOUTH PROGRAMS: JCC run youth programming that requires advance registration.

PICK-UP BASKETBALL: Drop-in games.

OPEN PICKLEBALL: Open play for all members and guests ages 12+

BASKETBALL LEAGUE: Registration required. Please visit jccrochester.org for more information.