






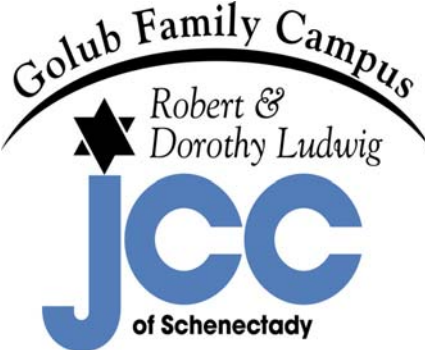




Schaffer Gymnasium Schedule: Monday, September 6 - Sunday, September 12, 2010

	5:30-6:30 am	6:30-9 am	9 am - 12 pm	12 pm - 3 pm	3 pm-5:30 pm	5:30 pm-6:30 pm	6:30 pm-9:45 pm		
Monday	Boot Camp Challenge 5:30-6:30 am 	*Open Gym* 6:30 - 9 am	ECE Day Care 9 am - 12 pm	*Open Gym* 12 - 3 pm	ASEP Program and ECE 3 pm - 5:30 pm	ZUMBA 5:30 pm - 6:30 pm	Open Gym 6:30 pm - 9:45 pm		
Tuesday	*Open Gym* 5:30 - 9 am	ECE Day Care 9 am-12 pm	*Open Gym* 12 - 3 pm	ECE Day Care and ASEP Program 3 pm - 5:30 pm	5:30 pm- 8 pm Pickleball 5:30 pm - 8 pm 		8 pm - 9:45 pm Open Gym 8 pm - 9:45 pm		
Wednesday	Boot Camp Challenge 5:30 - 6:30 am 	*Open Gym* 6:30 - 9 am	ECE Day Care 9 am - 12 pm	12 pm - 1 pm Adult Lunch Hour Basketball 12 pm - 1 pm 	1 pm- 3 pm *Open Gym* 1 pm - 3 pm	3 pm - 5 pm ASEP Program and ECE 3 pm - 5 pm	5 pm - 7 pm Volleyball 5 pm - 7 pm	7 pm-8 pm Open Gym 7 pm - 8 pm	8 pm-9:45 pm Pick-up Basketball 8 pm - 9:45 pm \$3 non-members 
Thursday	*Open Gym* 5:30 - 9 am	ECE Day Care 9 am - 12 pm	*Open Gym* 12 - 3 pm	3 pm-5:30 pm ECE Day Care and ASEP Program 3 pm - 5:30 pm	5:30 pm-6:30 pm ZUMBA 5:30 - 6:30 pm		6:30 pm-9:45 pm Open Gym 6:30 pm - 9:45 pm		
Friday	Boot Camp Challenge 5:30 - 6:30 am 	*Open Gym* 6:30 - 9 am	9 am - 12 pm ECE Day Care and Tot Spot 9 am - 12 pm		12 pm-1 pm Adult Lunch Hour Basketball 12 - 1 pm 	1 pm- 2 pm Half ECE Day Care/ Half *Open Gym* 1 pm - 2 pm	2 pm-4:45 pm ASEP Program 2 pm - 4:45 pm		
Saturday	12 pm - 5:45 pm *Open Gym* 12 pm - 5:45 pm								
Sunday	8 am 10 am *Open Gym* 8 am - 10 am	10am-12:30pm Pick-up Basketball \$5 for Non-Members 10am-12:30pm 	12:30pm-2pm *Open Gym* 12:30 - 2 pm	2 pm - 3 pm Birthday Parties 2 pm - 3 pm 	3 pm - 5:45 pm *Open Gym* 3 pm-5:45 pm				

Notes:

Swim Team Starts Soon! Call Walter at 377-8803 ext. 254 for more details.

For birthday party information contact Guido Posso at 377-8803 ext. 258

****Remember to bring your membership card and to sign in each time you visit the JCC****

Mon-Thurs
 5:30am-9:45 pm
 Fri 5:30am-4:45 pm
 Sat 12pm - 5:45pm
 Sun 8 am - 5:45 pm

377-8803
www.schenectadyjcc.org

Revised on 9/2/10
 SJCC
 2565 Balltown Road
 Niskayuna, NY 12309

