

Fall 2026

Gym Schedule

Starting:
9/28/2026

JCCNS GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SIDE A 6-9am Fitness	SIDE A 6-9am Open Gym	SIDE A 6-9am Fitness	SIDE A 6-9am Fitness	SIDE A 6-9am Fitness	SIDE A+B B 7-11:30am Pickleball Open Play 3 Courts	SIDE A + B 7-8am Open Gym
SIDE B 6-9am Open Gym	SIDE B 6-9am Pickleball Lessons	SIDE B 6-9am Open Gym	SIDE B 6-9am Open Gym	SIDE B 6-9am Open Gym		SIDE A 8-10:30am Adult Rec Basketball
SIDE A+B 9am-12pm JCC ECP	SIDE A+B 9am-12pm JCC ECP EHS ½ Gym 9:30-10:15am	SIDE A+B 9am-11am JCC ECP 10:15am-11am EHS	SIDE A+B 9am-12pm JCC ECP	SIDE A 9-12pm JCC ECP		SIDE A+B* 10:30am-5pm Open Gym
SIDE A+B 12-3pm Pickleball Open Play 3 Courts 1:30-3pm 1 court Pickleball Slow-Play	SIDE A+B 12-3pm EHS	SIDE A 11am-3pm JCC ECP	SIDE A+B 12pm-3pm Pickleball Open Play 3 Courts	SIDE A+B 12pm-3pm Pickleball Open Play 1:30-3pm 1 court Pickleball Slow-Play		
		SIDE B 11am-3pm EHS			SIDE A+B* 1-5pm Open Gym	
SIDE A+B 3-5pm J Adv	SIDE A+B 3-5pm J Adv	SIDE A+B 3-5pm J Adv	SIDE A+B 3-5pm J Adv	SIDE A+B 3-5pm J Adv		
SIDE A+B 5-7pm Open Gym	SIDE A+B 5-7pm Open Gym	SIDE A+B 5-7pm Open Gym	SIDE A+B 5-7pm Open Gym	SIDE A+B 5-5:30pm Open Gym SIDE A+B 5:30-7pm Pickleball Open Play 3 Courts	*Gym Birthday parties maybe added in ½ gym Sat/Sun afternoons.	SIDE A+B 5-7pm Pickleball Open Play 3 Courts
SIDE A+B 7-9pm 4on4 Hoop League	SIDE A+B 7:30-9pm Pickleball Advanced Open play 3 Courts	SIDE A 7-9pm Int. Volleyball** SIDE B 7-9pm 4on4 Hoops	SIDE A +B 7-9pm 4on4 Hoop League			

KEY: JCC ECP - JCC Early Childhood / J Adv - J Adventure Class / EHS - Epstein Hillel School

*See Pickleball Schedule. Trouble getting a pickleball court reservation? Please contact Andrew at adaltan@jccns.com.
Outside PB reservations end 11/3/26
then it will be first come first serve.

****MEET UP Adult Intermediate Volleyball is for JCCNS members. Please register online at**
<https://www.meetup.com/volleyball-122/>