

April - June 2019



Sidney Albert
Albany JCC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00am Open Gym	5:30-9:00am Open Gym	5:30-10:00 am Open Gym	5:30-10:00 am Open Gym	5:30-10:00 am Open Gym	5:30-9:00 am Open Gym	7:00-2:00PM Open Gym
8:00-11:00am Adult Pick up Whole Gym	Whole Gym	Whole Gym	Whole Gym	Whole Gym	Whole Gym	Whole Gym
	9am-10 Jazzercise				9am-10 Jazzercise	
11:00-3:30 pm 1/2 family 1/2 open	10:00-1:00pm Early Childhood Classes Whole Gym	10am-12 Early Childhood classes Whole Gym	10am-12 Early Childhood Classes Whole Gym	10am-12 Early Childhood Classes Whole Gym	10am-12 Early Childhood Classes Whole Gym	Open Gym
	12:00-3:00 pm Open Gym	12pm-1-Open	12pm-1-open	12-3:00pm Open Gym	1:00-3:00 pm Open Gym	2:00-4:00 pm 1/2 Family 1/2 Open Gym
		2:00-3:30 pm Open Gym	1 pm -2 pm 1/2 Open	Whole Gym		
Whole Gym	Whole Gym	2 pm- 3 pm Open Gym	3:00-5:15 pm 1/2 Open Gym	Open Gym Whole Gym	4:00-6:45 pm	
3:30pm-10 Mens League Whole Gym start 9-16-18	3:00- 5:00 pm 1/2 open	3:30-5:00 pm 1/2	3 pm-4:30 pm 1/2 Gym	3:00-5:15 pm 1/2 Gym	3-5:30 pm 1/2 TeenPickup	Teen Pick Up Whole Gym
	1/2 Kaleidoscope	Open Gym	Kaleidoscope	Kaleidoscope	1/2 Open Gym	CLOSED
	6:15- 8:00 pm Basketball Practice-whole	3:30-5 pm 1/2 Gym Kaleidoscope	3 pm- 4:30 pm 1/2 Open	5:30-9:45 pm	5:30-6:45 pm Open Gym Whole Gym	
	8:00-9:45pm Open Gym	5:30- 9:45 pm Volleyball Leag. Whole Gym	4:30 pm-8 pm Adult pickup Whole Gym	Volleyball League Whole Gym	Closed	
		8 -9:45 pm Open Gym				

Gym Schedule Subject to Change
