

James Lee Community Center

Spring Gym Schedule March-May 2026

DAY	TIME	PROGRAM	GYM
MONDAY	9:30-10:30a.m.	James Lee Preschool Daycare	White
	Noon -2p.m.	Senior Tai Chi/Chi Kung	White
	3-6p.m.	Afterschool Program (Teens)	White
	6-9:15p.m.	Adult Open Gym Basketball	White
	9-10a.m.	Senior Walking	Monroe
	10a.m. - Noon	Senior Line Dance	Monroe
	1-3p.m.	Senior Program Pickleball	Monroe
	3:30-4:30p.m.	James Lee Preschool Daycare	Monroe
	4:30-6p.m.	Afterschool Program (Youth)	Monroe
6-9:15p.m.	Adult Open Gym Basketball	Monroe	
TUESDAY	9 am - Noon	Senior Men's Open Gym Basketball	White
	3-4:30p.m.	Afterschool Program (Teens)	White
	4:30-5:30p.m.	Adult/Senior Yoga	White
	6-9:15p.m.	Adult Volleyball	White
	9-10a.m.	Senior Walking	Monroe
	10:30-11:30a.m.	James Lee Preschool Daycare	Monroe
	3-4:30p.m.	James Lee Preschool Daycare	Monroe
	4:30-6p.m.	Afterschool Program	Monroe
	6-9:15p.m.	Adult Recreation Pickleball	Monroe
WEDNESDAY	8:30-9:30a.m.	Senior Walking	White
	9:30-10:30a.m.	James Lee Preschool Daycare	White
	10:30a.m.- 12:30p.m.	Senior Tai Chi	White
	3-5p.m .	Afterschool Program (Teens)	White
	5-7p.m.	NOVA United Senior Women's Basketball	White
	7-9:15p.m.	Adult Volleyball	White
	9a.m.-Noon	Senior Program Pickleball	Monroe
	Noon -1p.m.	Senior Walking	Monroe
	3:30-4:30p.m.	James Lee Preschool Daycare	Monroe
	4:30-6p.m.	Afterschool Program (Youth)	Monroe
	6-7p.m.	Teen Open Gym	Monroe
7-8p.m.	Zumba!	Monroe	
THURSDAY	9-10a.m.	Senior Walking	White
	10a.m.- Noon	Senior Tai Chi/Chi Kung	White
	3-5p.m.	Afterschool Program (Teens)	White
	5-7p.m.	Family & Me Time	White

	7-9:15p.m.	Adult Open Gym Basketball	White
	9:30-10:30a.m.	James Lee Preschool Daycare	Monroe
	3:30-4:30p.m.	James Lee Preschool Daycare	Monroe
	4:30-6p.m.	Afterschool Program (Youth)	Monroe
	6-9:15p.m.	Adult Badminton	Monroe
	6-9p.m.	TR Dance Club 3rd Thursday of month	Monroe
FRIDAY	9a.m.- Noon	Senior Men's Open Gym Basketball	White
	3-5p.m.	Afterschool Program (Teens)	White
	5-9p.m.	NOVA United Senior Women's Basketball	White
	9-10a.m.	Senior Walking	Monroe
	10:30-11:30a.m.	James Lee Preschool Daycare	Monroe
	1-3p.m.	Senior Line Dance	Monroe
	3:30-4:30p.m.	James Lee Preschool Daycare	Monroe
	4:30-6p.m.	Afterschool Program (Youth)	Monroe
	6-9:15p.m.	Adult Volleyball	Monroe

DAY	TIME	PROGRAM	GYM
SATURDAY	9a.m-1p.m.	Fairfax Falcons	BOTH
	1-2:30p.m.	Adult Zumba	White
	2:30-4:30p.m.	Family & Me Time	White
	5-9:15p.m.	Adult Badminton	White
	9a.m.-1p.m.	Fairfax Falcons	Monroe
	1-5p.m.	Reserved for Events	Monroe
	5-9:15p.m.	Adult Badminton	Monroe

The following gyms will be unavailable on the posted dates due scheduled events:	9a.m.-4:30p.m. 6-9 p.m. All Day 6-9 p.m. 9a.m.-3p.m. 8a.m.-4p.m. 9a.m.-1p.m. 6-9p.m.	Event TR Dance Club NCS Event/Event TR Dance Club Health Fair Event NCS Event TR Dance Club	Monroe
	2:30-5:30p.m. 3-10p.m.	Event Voting	Joyce White

9a.m.-5p.m. 8a.m.-4p.m. 1-7p.m. 9a.m.-1p.m.	Teen Basketball Intramural Super Mario Day EEC Annual Job Fair NCS Event	BOTH
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*Gym schedules are subject change without advance notice; contact the front desk to inquire about program times and/or dates.

Schedule Key:



Monroe Gym



White Gym

** = subject to change