

SULLY COMMUNITY CENTER GYM SCHEDULE (COURT #2)

MARCH 1 - MARCH 24, 2024

NOTE: MARCH 02, SULLY WILL HOST INTRAMURAL GAMES FROM 10 A.M. TO 5:30 P.M.

MONDAY	10:30 a.m. – 11:30 a.m.	SAIL Exercise (Seniors 50+)
	11:30 a.m. – 1 p.m.	Table Tennis (Adults 18+)
	1:30 p.m. – 2:30 p.m.	Zumba (Adult 18+)
	2:30 p.m. – 4 p.m.	18+ Adult Basketball
	4 p.m. – 5 p.m.	School Aged Childcare
	5 p.m. – 6 p.m.	Teens
	6 p.m. – 7 p.m.	Volleyball Skills Practice (Teens)
	7 p.m. – 8:45 p.m.	18+ Adult Volleyball and/or
		16 + Proficient
TUESDAY	10:30 a.m. – 11:30 a.m.	Strength Training (Seniors 50+)
	11:30 a.m. – 1 p.m.	Table Tennis (Seniors 50+)
	1 p.m. – 2 p.m.	Family Open Gym (2-5 years old)
	2 p.m. – 4 p.m.	18+ Adult Pickleball
	4 p.m. – 5 p.m.	School Aged Childcare
	5 p.m. – 6 p.m.	Teens
	6 p.m. – 7 p.m.	Family Open Gym (12 & younger)
	7 p.m. – 8:45 p.m.	18+ Adult Basketball
WEDNESDAY	10:30 a.m. – 11:30 a.m.	Jazzercise LO (Seniors 50+)
	11:30 a.m. – 1 p.m.	Table Tennis (Adults 18+)
	1 p.m. – 2 p.m.	Family Open Gym (2-5 years old)
	2 p.m. – 4 p.m.	Badminton (Seniors 50+)
	4 p.m. – 5 p.m.	School Aged Childcare
	5 p.m. – 6 p.m.	Teens
	6 p.m. – 7 p.m.	Family Open Gym (12 & younger)
	7 p.m. – 8:45 p.m.	18+ Adult Pickleball
THURSDAY	10:30 a.m. – 11:30 a.m.	Jazzercise LO (Seniors 50+)
	11:30 am – 1 p.m.	Table Tennis (Seniors 50+)
	1 p.m. – 2 p.m.	Family Open Gym (2-5 years old)





	2 p.m. – 4 p.m.	18+ Adult Pickleball
	4 p.m. – 5 p.m.	School Aged Childcare
	5 p.m. – 6 p.m.	Teens
	6 p.m. – 7 p.m.	Family Open Gym (12 & younger)
	7 p.m. – 8:45 p.m.	18+ Adult Badminton
FRIDAY	10:30 a.m. – 11:30 a.m.	SAIL (Seniors 50+)
	12:30 p.m. – 1 p.m. 1 p.m. – 2 p.m.	Zumba Gold with Chairs (Seniors 70+) (YOGA ROOM) Zumba Gold (Seniors 50+)
	2 p.m. – 4 p.m.	18+ Adult Badminton
	4 p.m. – 5 p.m.	School Aged Childcare
	5 p.m. – 6 p.m.	Teens
	6 p.m. – 7 p.m.	Family Open Gym (12 & younger)
	7 p.m. – 8:30 p.m.	Teen Friday Night (1st and 3rd Friday of the month)
		Inclusive Open Gym (2 nd Friday of the month)
		18+ Adult Basketball (4 th and 5 th Friday of the month)
SATURDAY	9:30 a.m. – 11:30 a.m. 11:30 a.m. 12:30 p.m. 1 p.m. – 3 p.m. 3 p.m. – 4:30 p.m. 4:30 p.m. – 6 p.m. 6 p.m. – 8 p.m.	Family Open Gym (12 & younger) Table Tennis (Adults 18+) 18+ Adult Basketball 18+ Adult Pickleball 18+ Adult Badminton Teen Saturday Night







SULLY COMMUNITY CENTER GYM SCHEDULE (COURT #2)

MARCH 25 TO MARCH 29, 2024

MONDAY	9 a.m. – 10 a.m.	SACC / TIA (Spring Camps)
IVIONDAI	10:30 a.m. – 11:30 a.m.	Strength Training (Seniors 50+)
	11:30 a.m. – 12:30 p.m.	Teens In Action (TIA) Spring Camp
	12:30 p.m. – 1:30 p.m.	SACC (Spring Camp)
	1:30 p.m. – 2:30 p.m.	Zumba (Adult 18+)
	2:30 p.m. – 4 p.m.	18+ Adult Basketball
	4 p.m. – 5 p.m.	School Aged Childcare- SACC (Spring Camps)
	5 p.m. – 6 p.m.	Teens (13 – 18 years old)
	6 p.m. – 7 p.m.	Volleyball Skills Practice (Teens)
	7 p.m. – 8:45 p.m.	18+ Adult Volleyball and/or
		16 + Proficient
TUESDAY	9 a.m. – 10 a.m.	SACC / TIA (Spring Camps)
	10:30 a.m. – 11:30 a.m.	Strength Training/SAIL (Seniors 50+) (half court)
	10:30 a.m. – 11:30 a.m.	Table Tennis (Seniors 50+) (half court)
	Noon – 1 p.m.	Teens In Action (TIA) Spring Camp
	1 p.m. – 2 p.m.	SACC (Spring Camp)
	2 p.m. – 4 p.m.	18+ Adult Pickleball
	4 p.m. – 5 p.m.	School Aged Childcare (Spring Camp)
	5 p.m. – 6 p.m.	Teens (13 – 18 years old)
	6 p.m. – 7 p.m.	Family Open Gym (12 or younger)
	7 p.m. – 8:45 p.m.	18+ Adult Basketball
WEDNESDAY	9 a.m. – 10 a.m.	SACC / TIA (Spring Camps)
	10:30 a.m. – 11:30 a.m.	Jazzercise LO (Seniors 50+)
	11:30 a.m. – 1 p.m.	Family Open Gym (2-5 years old) (half court)
	11:30 a.m. – 1 p.m.	Table Tennis (Adults 18+) (half court)
	1 p.m. – 2 p.m.	Teens In Action (TIA) Spring Camp
	2 p.m. – 4 p.m.	Badminton (Seniors 50+)
	4 p.m. – 5 p.m.	School Aged Childcare (Spring Camp)
	5 p.m. – 6 p.m.	Teens (13 – 18 years old)
	6 p.m. – 7 p.m.	Family Open Gym (12 or younger)
	7 p.m. – 8:45 p.m.	18+ Adult Pickleball
THURSDAY	9 a.m. – 10 a.m.	SACC / TIA (Spring Camps)





	10:30 a.m. – 11:30 a.m.	Jazzercise LO (Seniors 50+)
	11:30 a.m. – 1 p.m.	Family Open Gym (2-5 years old) (half court)
	11:30 a.m. – 1 p.m.	Table Tennis (Adults 18+) (half court)
	1 p.m. – 2 p.m.	Teens In Action (TIA) Spring Camp
	2 p.m. – 4 p.m.	18+ Adult Pickleball
	4 p.m. – 5 p.m.	School Aged Childcare (Spring Camp)
	5 p.m. – 6 p.m.	Teens (13 – 18 years old)
	6 p.m. – 7 p.m.	Family Open Gym (12 or younger)
	7 p.m. – 8:45 p.m.	18+ Adult Badminton
FRIDAY	9 a.m. – 10 a.m.	SACC / TIA (Spring Camps)
INDA	10:30 a.m. – 11:30 a.m.	SAIL (Seniors 50+)
	Noon – 1 p.m.	Teens In Action (TIA) Spring Camp
	1 p.m. – 2 p.m.	Zumba Gold (Seniors 50+)
	2 p.m. – 4 p.m.	18+ Adult Badminton
	4 p.m. – 5 p.m.	School Aged Childcare (Spring Camp)
	5 p.m. – 6 p.m.	Teens (13 – 18 years old)
	6 p.m. – 7 p.m.	Family Open Gym (12 or younger)
	7 p.m. – 8:45 p.m.	18+ Adult Basketball (4 th and 5 th Friday of the month)
SATURDAY	9:30 a.m. – 11 a.m.	Family Open Gym (12 or younger)
	11 a.m. – Noon	Table Tennis (Adults 18+) (Half court)
	Noon – 1 p.m.	SMILE (Therapeutic Recreation)
	1 p.m. – 3 p.m.	18+ Adult Basketball
	3 p.m. – 4:30 p.m.	18+ Adult Pickleball
	4:30 p.m. – 6 p.m.	18+ Adult Badminton
	6 p.m. – 8 p.m.	Teen Saturday Night (13 – 18 years old)



