

FITNESS SCHEDULE | AUGUST 22 - DECEMBER 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am							
8:30am		CIRCUIT W/ JENN 8:30AM ATHLETIC FIELD	CYCLING W/ TRACY (10/13) 8:30AM TILGHMAN ST. PATIO	CORE & MORE W/ JENN 8:30AM KLINE AUDITORIUM	CYCLING W/ JENN (10/8) 8:30AM KLINE AUDITORIUM	POP PILATES W/ JILL 8:30AM KLINE AUDITORIUM	
9:00am							
9:30am	Fitness Center 50 minute sessions Reservations only 9am-1pm	Fitness Center 50 minute sessions Reservations only 8am-12pm	Fitness Center 50 minute sessions Reservations only 8am-12pm	Fitness Center 50 minute sessions Reservations only 8am-12pm	Fitness Center 50 minute sessions Reservations only 8am-12pm	Fitness Center 50 minute sessions Reservations only 8am-12pm	CYCLING W/ JANET (10/10) 9:00AM KLINE AUDITORIUM
10:00am	HIIT W/ TRACY 10:00AM UPPER LOT	SILVER SNEAKERS 10:00AM KLINE AUDITORIUM		SILVER SNEAKERS 10:00AM KLINE AUDITORIUM		SILVER SNEAKERS 10:00AM KLINE AUDITORIUM	
10:30am							Fitness Center 50 minute sessions Reservations only 9am-1pm
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm		Fitness Center 50 minute sessions Reservations only 3:30pm-7:30pm	Fitness Center 50 minute sessions Reservations only 3:30pm-7:30pm	Fitness Center 50 minute sessions Reservations only 3:30pm-7:30pm	Fitness Center 50 minute sessions Reservations only 3:30pm-7:30pm	Fitness Center 50 minute sessions Reservations only 3:30pm-5:30pm	
4:30pm							
5:00pm							
5:30pm							
6:00pm		CORE & MORE W/ ESTHER 6:00PM VIRTUAL_ZOOM	VINYASA YOGA W/ SARA 6:00PM KLINE AUDITORIUM	SUPER SCULPT W/ ESTHER 6:00PM ATHLETIC FIELD	RECOVERY W/ ANDREW 6:00PM KLINE AUDITORIUM		
6:30pm							
7:00pm							
7:30pm							
8:00pm							

- Fitness Center
- GROUPx
- Silver Sneakers

Holiday Hours:

Monday 9/7 | Labor Day | CLOSED
 Friday 9/18 | Erev Rosh Hashanah | Close at 5pm
 Saturday 9/19 | Rosh Hashanah | CLOSED
 Sunday 9/20 | Rosh Hashanah | CLOSED

Sunday 9/27 | Kol Nidre | Close at 5pm
 Monday 9/28 | Yom Kippur | CLOSED
 Friday 10/2 | Erev Sukkot | Close at 5pm
 Saturday 10/3 | Sukkot | CLOSED

Sunday 10/4 | Sukkot | Open
 Friday 10/9 | Hoshana Raba | Close at 5pm
 Saturday 10/10 | Shemini Atzeret | CLOSED
 Sunday 10/11 | Simchat Torah | Open

Thursday, 11/26 | Thanksgiving | JCC Open 8am-12pm
 Friday, 11/27 | Day After Thanksgiving | JCC Open 8am-12pm
 Thursday, 12/24 | Christmas Eve | JCC Open 12pm-5pm
 Friday, 12/25 | Christmas Day | JCC Open 8am-12pm

Thursday, 12/31 | New Year's Eve | JCC Closes at 5pm
 Friday, 1/1 | New Year's Day | JCC Open 12pm-4pm

Reservations can be made by calling the JCC at 610-435-3571 or online at lvjcc.org/reservations. If you need to cancel your reservation within 24 hours of the scheduled time slot, please call the JCC.

AQUATICS SCHEDULE | AUGUST 22 - NOVEMBER 21

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
8:00am		Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 8am-12pm					
8:30am											
9:00am	Lap Swim 50 minute sessions Reservations only 9am-1pm										
9:30am											
10:00am											
10:30am											
11:00am											
11:30am											
12:00pm											
12:30pm		Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-6pm	Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-6pm	Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-6pm	Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-6pm	Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-5pm	Lap Swim 50 minute sessions Reservations only 9am-1pm				
1:00pm											
1:30pm		Lap Swim 50 minute sessions Reservations only 1pm-3pm	Lap Swim 50 minute sessions Reservations only 1pm-3pm	Lap Swim 50 minute sessions Reservations only 1pm-3pm	Lap Swim 50 minute sessions Reservations only 1pm-3pm	Lap Swim 50 minute sessions Reservations only 1pm-3pm					
2:00pm											
2:30pm											
3:00pm											
3:30pm											
4:00pm											
4:30pm											
5:00pm		Swim Clinics (Starts 9/14) 5pm-6pm	Lap Swim 50 minute sessions Reservations only 5pm-7pm	Baby and Me Class (Starts 9/9) 5:30pm-6pm	Swim Clinics (Starts 9/10) 5pm-6pm						
5:30pm											
6:00pm		Lap Swim 50 minute sessions Reservations only 6pm-8pm		Lap Swim 50 minute sessions Reservations only 5pm-7pm	Lap Swim 50 minute sessions Reservations only 6pm-8pm						
6:30pm											
7:00pm											
7:30pm											
8:00pm											

- Lap Swim
- Swim Lessons
- Swim Classes/Clinics

Holiday Hours:

Monday 9/7 | Labor Day | CLOSED
 Friday 9/18 | Erev Rosh Hashanah | Close at 5pm
 Saturday 9/19 | Rosh Hashanah | CLOSED

Sunday 9/20 | Rosh Hashanah | CLOSED
 Sunday 9/27 | Kol Nidre | Close at 5pm
 Monday 9/28 | Yom Kippur | CLOSED

Friday 10/2 | Erev Sukkot | Close at 5pm
 Saturday 10/3 | Sukkot | CLOSED
 Sunday 10/4 | Sukkot | Open

Friday 10/9 | Hoshana Raba | Close at 5pm
 Saturday 10/10 | Shemini Atzeret | CLOSED
 Sunday 10/11 | Simchat Torah | Open

Reservations can be made by calling the JCC at 610-435-3571 or online at lvcc.org/reservations. If you need to cancel your reservation within 24 hours of the scheduled time slot, please call the JCC.

AQUATICS SCHEDULE | NOVEMBER 22 - DECEMBER 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00am								■ Lap Swim
8:30am								■ Swim Lessons
9:00am	Lap Swim 50 minute sessions Reservations only 9am-1pm	Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 8am-12pm	Lap Swim 50 minute sessions Reservations only 9am-1pm	■ Swim Team
9:30am								
10:00am								
10:30am								
11:00am								
11:30am								
12:00pm								
12:30pm		Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-6pm	Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-6pm	Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-6pm	Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-6pm	Swim Lessons (By Appointment) Private, Semi-Private, Private Family, Group 12:30pm-5pm		
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm		Swim Team 4pm-6pm	Swim Team 4pm-6pm		Swim Team 4pm-6pm			
4:30pm								
5:00pm								
5:30pm								
6:00pm		Lap Swim 50 minute sessions Reservations only 6pm-8pm	Lap Swim 50 minute sessions Reservations only 6pm-8pm	Lap Swim 50 minute sessions Reservations only 6pm-8pm	Lap Swim 50 minute sessions Reservations only 6pm-8pm			
6:30pm								
7:00pm								
7:30pm								
8:00pm								

Holiday Hours:

Thursday, 11/26 | Thanksgiving | JCC Open 8am-12pm
Friday, 11/27 | Day After Thanksgiving | JCC Open 8am-12pm

Thursday, 12/24 | Christmas Eve | JCC Open 12pm-5pm
Friday, 12/25 | Christmas Day | JCC Open 8am-12pm

Thursday, 12/31 | New Year's Eve | JCC Closes at 5pm
Friday, 1/1 | New Year's Day | JCC Open 12pm-4pm

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SPORTS & REC SCHEDULE | AUGUST 22 - DECEMBER 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		Squash 50 minute sessions Reservations only 8am-3pm	Squash 50 minute sessions Reservations only 8am-3pm	Squash 50 minute sessions Reservations only 8am-3pm	Squash 50 minute sessions Reservations only 8am-3pm	Squash 50 minute sessions Reservations only 8am-3pm	
8:30am							
9:00am	Open Gym (Starts 10/6) 30 minute sessions Reservations only 9am-11am	ECE Gym Class 9am-11am	ECE Gym Class 9am-11am	ECE Gym Class 9am-11am	ECE Gym Class 9am-11am	ECE Gym Class 9am-11am	Morris Athletics 9am-11am
9:30am							
10:00am							
10:30am							
11:00am	Morris Athletics 11am-1pm						Squash 50 minute sessions Reservations only 9am-1pm
11:30am							
12:00pm	Squash 50 minute sessions Reservations only 9am-1pm	Pickleball (Starts 10/19) 90 minute sessions Reservations only 12pm-3pm	Pickleball (Starts 10/19) 90 minute sessions Reservations only 12pm-3pm	Pickleball (Starts 10/19) 90 minute sessions Reservations only 12pm-3pm	Pickleball (Starts 10/19) 90 minute sessions Reservations only 12pm-3pm	Pickleball (Starts 10/19) 90 minute sessions Reservations only 12pm-3pm	
12:30pm							
1:00pm							
1:30pm							
2:00pm			Lil All-Stars 2pm-2:45pm (9/8-11/24)				
2:30pm							
3:00pm				Soccer Shots 3pm-3:30pm 3:40pm-4:20pm (9/9-12/16)			
3:30pm		Morris Athletics 3:30pm-6:30pm	Morris Athletics 3:30pm-6:00pm		Morris Athletics 3:30pm-6:00pm	Morris Athletics 3:30pm-5:30pm	
4:00pm							
4:30pm							
5:00pm				Athletes in Training 5pm-6pm (9/14-11/23)	Squash 50 minute sessions Reservations only 4pm-8pm	Intro to Soccer 4:30pm-5:15pm (9/9-12/16)	Squash 50 minute sessions Reservations only 4pm-8pm
5:30pm							
6:00pm		Squash 50 minute sessions Reservations only 4pm-8pm	Open Gym (Starts 10/6) 30 minute sessions Reservations only 6pm-8pm	Squash 50 minute sessions Reservations only 4pm-8pm	Open Gym (Starts 10/6) 30 minute sessions Reservations only 6pm-8pm		
6:30pm							
7:00pm							
7:30pm							
8:00pm							

- Squash
- ECE/Enrichment Programs
- Open Gym
- Morris Athletics
- Pickleball

Holiday Hours:

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 Sunday 9/20 | Rosh Hashanah | CLOSED

Sunday 9/27 | Kol Nidre | Close at 5pm
 Monday 9/28 | Yom Kippur | CLOSED
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 Saturday 10/3 | Sukkot | CLOSED

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