



2019 ATHLETICS CALENDAR

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
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2	 <p>Summer Games Meeting @ J4 café 5:00-6:00pm</p> <p>Group Exercise 4-7pm</p>	<p>Softball Practice New Waterlands 5:30-6:30p</p> <p>Group Exercise 4-7pm</p>	<p>TABLE TENNIS</p> <p>5-6pm @ J4 café</p> <p>Track & Field Practice Floods Hill 5:30-6:30p</p> <p>Group Exercise 4-7pm</p>	<p>Bocce Practice The Baird 5:30-6:30p</p> <p>Group Exercise 4-7pm</p>	 <p>LAW ENFORCEMENT TORCH RUN® FOR SPECIAL OLYMPICS NEW JERSEY Prudential Center Newark 10:30-12:30pm (Depart 9:30am J4)</p> <p>Summer Games The College of NJ Ewing Twp, NJ 08618</p>	<p>Summer Games The College of NJ Ewing Twp, NJ 08618</p>  <p>Special Olympics New Jersey</p>
<p>Summer Games The College of NJ Ewing, NJ 08618</p>  <p>Special Olympics New Jersey</p>	<p>10</p> <p>Group Exercise 4-7pm</p>	 <p>Sports Drills</p> <p>Skills & Drills Grove Park 1-2pm</p> <p>Group Exercise 4-7pm</p>	<p>12</p> <p>Group Exercise 4-7pm</p>	<p>13</p> <p>Group Exercise 4-7pm</p>	<p>14</p>	<p>15</p>

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
16	 <p>17</p> <p>Endurance Training 5-6p Grove Park (4:45p depart)</p> <p>Group Exercise 4-7pm</p>	18	 <p>19</p> <p>5-6pm @ J4 café</p> <p>Group Exercise 4-7pm</p>	 <p>20</p> <p>Sports Drills Skills & Drills Grove Park 1-2pm</p> <p>Group Exercise 4-7pm</p>	21	22
23	24	 <p>25</p> <p>Sports Drills Skills & Drills Grove Park 1-2pm</p> <p>Group Exercise 4-7pm</p>	26	27	28	29
30						

Notes

Please remember to stay hydrated and wear sunscreen as the weather gets warmer!
 Any questions, concerns, or comments: Contact Jerica Best, ext. 426, jbest@jespy.org or Tabatha Richardson-Smith, ext. 304, trichardson-smith@jespy.org
 Please call SONJ Hotline for any Special Olympics competition updates at: (609) 482-2288.
All Group Exercise and Personal training sessions are held at Judi House (J4) Fitness Room. Please contact Jerica if interested in joining at ext. 426.