
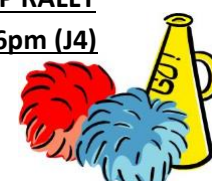




MAY 2019

ATHLETICS CALENDAR

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>EACH NEW DAY IS A NEW OPPORTUNITY TO IMPROVE YOURSELF. TAKE IT. AND MAKE THE MOST OF IT.</p>			<p>1 Track & Field Practice Floods Hill 5:30-6:30p (Depart 5:15p)</p> <p>Table Tennis 5pm (J4)</p> <p>Group Exercise 4-7p</p>	<p>2 Bocce Practice The Baird 5:30-6:30p (Depart 5:15p)</p> <p>Group Exercise 4-7p</p>	<p>3</p>	<p>4 Softball Game Ewing, NJ Depart: 8:30am</p> <p>Tennis Practice Farrell Field 4-5p (Depart 3:45p)</p>
5	6 Group Exercise 4-7p	7 Softball Practice New Waterlands 5:30-6:30p (Depart 5:15p)	8 Track & Field Sectionals Brookdale Park Bloomfield, NJ (Depart 8:30am)	9 Bocce Practice The Baird 5:30-6:30p (Depart 5:15p)	10  ESSEX COUNTY SONJ FUNDRAISER HANOVER MANOR 7:00-11:00p (Depart 6:30p)	11 Softball Game Mercer County Park Time: TBD
12	13 Endurance Training Floods Hill: 4-5pm (Depart 3:45p) All Athletes Welcome	14 Softball Practice New Waterlands 5:30-6:30p (Depart 5:15p)	15 Track & Field Practice Floods Hill 5:30-6:30p (Depart 5:15p)	16 Bocce Practice The Baird 5:30-6:30p (Depart 5:15p)	17 COLOR WARS PEP RALLY 5-6pm (J4) 	18 Softball Game Mercer County Park Time: TBD
	Group Exercise 4-7p	Group Exercise 4-7p	Group Exercise 4-7p	Group Exercise 4-7p		Tennis Practice Farrell Field 4-5p (Depart 3:45p)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
19  COLOR WARS GROVE PARK 10:30am (Depart 10am)	20 Group Exercise 4-7p	21 Softball Practice New Waterlands 5:30-6:30p (Depart 5:15p) Group Exercise 4-7p	22 Track & Field Practice Floods Hill 5:30-6:30p (Depart 5:15p) Group Exercise 4-7p	23 Bocce Practice The Baird 5:30-6:30p (Depart 5:15p) Group Exercise 4-7p	24 	25 <u>NO</u> <u>TENNIS</u> <u>PRACTICE</u>
26 	27  Memorial DAY <u>NO GROUP EXERCISE</u>	28 Softball Practice New Waterlands 5:30-6:30p (Depart 5:15p) Group Exercise 4-7p	29 Track & Field Practice Floods Hill 5:30-6:30p (Depart 5:15p) Group Exercise 4-7p	30 Bocce Practice The Baird 5:30-6:30p (Depart 5:15p) Group Exercise 4-7p	31 	 
					All Group & Personal Training sessions are held at J4 Fitness Room.	

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.