






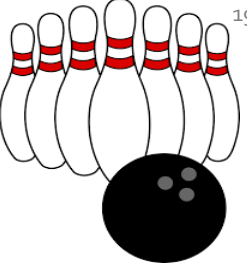


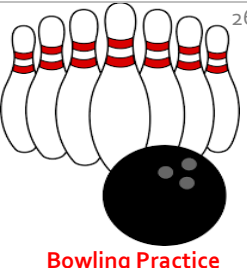



SEPTEMBER

Athletics Calendar

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	 <p>NO EXERCISE</p> <p>NO SOCCER PRACTICE</p>	<p>Group Exercise 4-6pm</p>	 <p>Maplewood Country Club 6-7pm Depart 5:30pm</p> <p>Table Tennis J4 café 5-6pm</p> <p>Group Exercise 4-6pm</p>	<p>Group Exercise 4-6pm</p>		<p>Soccer Game Oak Ridge Park Clark, NJ Time: TBD</p>
8	9	10	11	12	13	14
	 <p>Soccer Practice Cameron Field 6-7 pm Depart 5:45pm</p> <p>Group Exercise 4-6pm</p>	 <p>Skills & Drills Soccer Focused Cameron Field 5-6PM</p> <p>Group Exercise 4-6pm</p>	 <p>Maplewood Country Club 6-7pm Depart 5:30pm</p> <p>Group Exercise 4-6pm</p>	<p>Group Exercise 4-6pm</p>		<p>Soccer Game Oak Ridge Park Clark, NJ Time: TBD</p>

<p>15</p>	<p>16</p>  <p>Soccer Practice Cameron Field 6-7 pm Depart 5:45pm</p> <p>Group Exercise 4-6pm</p>	<p>17</p>	<p>18</p>  <p>Maplewood Country Club 6-7pm Depart 5:30pm</p> <p>Table Tennis J4 café 5-6pm</p> <p>Group Exercise 4-6pm</p>	<p>19</p>  <p>Bowling Practice Eagle Rock Lanes 5:30-6:30pm Depart 5:00pm</p> <p>Group Exercise 4-6pm</p>	<p>20</p>	<p>21</p> <p>Soccer Game Oak Ridge Park Clark, NJ Time: TBD</p> <p>Golf Competition Level 2 & 4 Only Plainfield West Nine Edison, NJ Depart 8:30 AM</p>
<p>22</p>	<p>23</p>  <p>Soccer Practice Cameron Field 6-7 pm Depart 5:45pm</p> <p>Group Exercise 4-6pm</p>	<p>24</p>	<p>25</p>  <p>Maplewood Country Club 6-7pm Depart 5:30pm</p> <p>Group Exercise 4-6pm</p>	<p>26</p>  <p>Bowling Practice Eagle Rock Lanes 5:30-6:30pm Depart 5:00pm</p> <p>Group Exercise 4-6pm</p>	<p>27</p>	<p>28</p> <p>Soccer Game Oak Ridge Park Clark, NJ Time: TBD</p>
<p>29</p>	<p>30</p>  <p>Soccer Practice Cameron Field 6-7 pm Depart 5:45pm</p> <p>Group Exercise 4-6pm</p>	<p>Please remember to stay hydrated and wear sunscreen as the weather gets warmer!</p> <p>Any questions, concerns, or comments: Contact Jerica Best, ext. 426, jbest@jespy.org or Tabatha Richardson-Smith, ext. 304, trichardson-smith@jespy.org</p> <p>Please call SONJ Hotline for any Special Olympics competition updates at: (609) 482-2288.</p> <p>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.</p> <p>If interested in any trips or outings, please contact Jerica to sign up.</p>				