



SUNDAYS at the J

Where ELSE would you be?

SUNDAY SPECIAL FOR MEMBERS:

On the first Sunday of the month, bring a friend (1 adult) or a family (1-2 adults & up to 4 kids) for free! If they join — you receive 1 free month of membership and they will have their registration fee waived (up to \$250 savings)!

All programs require adult supervision – family fun encouraged!

LOCATION	TIME	ACTIVITY	AGE
ART ROOM 2nd Floor	10am–2pm	Family Art project	All ages
GYM 3rd Floor	8am–9:30am & 3–6pm	Basketball	18+
	10am–1pm	Family Play time: Bounce house & tumbling	6 & under
	1–3pm	Family Sports time	7+
INDOOR POOL 3rd Floor	12:30–5:45pm	Family Swim <i>No lap lanes</i>	All ages
HEALTH & FITNESS CENTER	8am–5:45pm	Fitness classes & equipment Check schedule for class times	Ages 10-12 with parent Ages 13+ without parent

Stop by the Café from 9am-5pm for a nosh — check out the family-friendly fare!