The J's Health and Wellness Center  
New Pickleball EXTENDED  
Hours and Schedule  
(Effective Monday, March 16, 2020)

**Monday/Wednesday/Friday:**
8:00 am - 12:00 pm
- 8:00 - 10:00 am
  (Beginners and Recreational players, below 3.5)
- 10:00 am - 12:00 pm
  (Advanced and Tournament players, 3.5 plus)

**Friday Instructional:**
8:00 - 9:00 am

**Saturday:**
7:00 - 11:00 am
(All levels)
• Chairs are available for seating along the front and back of the gym. Players are responsible for stacking.

• Use of bleachers will no longer be allowed, chairs have been provided.

• Basketball cage will be rolled into hallway to avoid congestion.

• Stacking of paddles will determine the order of play.

• The expert pickleball community will determine the skill level for individual players.

• The Racquetball Court or Squash Court will have a beginner's net (Mon/Weds/Fri) for additional practice space.