

Night Gym

Sponsored by the So. Hackensack Recreation Commission

Night Gym in the Memorial School gym will begin on March 5th, 2025 and end on March 26th, 2025. Adults will enter the school around the back entrance of the school. All adults must wear sneakers and leave at the conclusion of Night Gym at 8:30 PM.

The Schedule will be as follows:

WEDNESDAY

**ADULTS 18+ South Hackensack
Residents ONLY**

7:00-8:30 PM

March 5, 12, 19, 26

If a date is not listed above, then there is no Night Gym on that date, either school is closed or the gym is needed by the school for a function. If there is a snow day, a 1:00 PM dismissal or if the school schedules something on the above dates, it will be necessary to cancel Night Gym.

**DO NOT ENTER THE GYM UNTIL
RECREATION STAFF MEMBER IS PRESENT.**

**Adults should wear sneakers only and wear
appropriate clothing such as shorts or sweatpants,
jewelry is not permitted.**

**Recreation staff is not responsible for damage to
personal items such as cell phones.**

**Please follow the Night Gym schedule as there are
some cancellations due to school closings and holidays.**

**Adults must sign and complete wavier upon entering
the gym.**