

# INDOOR SPORTS COURT SCHEDULE

Effective June 29, 2020



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
<b>5:00 AM</b>	Household play	Household play	Household play	Small Group Training 5:15 -6:15 am	Household play	Household play	Household play			
<b>6:00 AM</b>										
<b>7:00 AM</b>										
<b>8:00 AM</b>	Tabata 7:45 - 9:15 am			Household play	Tabata 7:45 - 9:15 am					
<b>9:00 AM</b>	Household play	Rock Bottom 9:00 - 10:30 am	Household play	Fit Happens 9:00 - 10:30 am	Household play	Household play	Household play			
<b>10:00 AM</b>										
<b>11:00 AM</b>										
<b>12:00 PM</b>										
<b>1:00 PM</b>										
<b>2:00 PM</b>										
<b>3:00 PM</b>										
<b>4:00 PM</b>										
<b>5:00 PM</b>				Tabata 5:15 - 6:45 pm						
<b>6:00 PM</b>										
<b>7:00 PM</b>			Household play							
<b>8:00 PM</b>			Wheelchair basketball							
<b>9:00 PM</b>										

Contact us at 246.9622

**Schedules are subject to change without notice.**

Member Services Department

## **INDOOR SPORTS COURT SCHEDULE**

Effective June 8, 2020



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

### **Shasta Family YMCA Sports Court Policies:**

- No Fighting, profanity or bullying. Either Offense may result in suspension or expulsion from the Y.
- Maintain appropriate dress attire throughout the facility. Shirts required except for during basketball play.
- Court shoes must be worn at all times.
- The Y is not responsible for lost or stolen articles. We have lockers available for day use.
- Children 6 and under must be supervised.
- Gym schedule is subject to change without notice.
- Anyone caught sneaking into the facility will be asked to leave the premises.
- The Y expects all participating members and players to reflect the Y values of honesty, respect, caring and responsibility in their behavior and in their play. Thank you for cooperation.

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Member Services Department