

INDOOR SPORTS COURT SCHEDULE

Effective June 5, 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Open Gym mixed use play	Open Gym mixed use play	Open Gym mixed use play	Open Gym mixed use play	Open Gym mixed use play		
6:30 AM							
7:00 AM							
8:00 AM							
9:00 AM	Zumba Gold 9-10 a.m.	Zumba 9-10 a.m.	Low Impact Zumba 9-10 a.m.	Zumba 9-10 a.m.		Open Gym ½ court play 8 a.m. – 6 p.m.	Adult Ball (18+ yrs) full court play 10 a.m. – 2 p.m.
10:00 AM	30+ Ball ½ court play 10 a.m. – 12 p.m.	30+ Ball ½ court play 10 a.m. – 12 p.m.	30+ Ball ½ court play 10 a.m. – 12 p.m.	30+ Ball ½ court play 10 a.m. – 12 p.m.	30+ Ball ½ court play 10 a.m. – 12 p.m.		
11:00 AM							
12:00 PM	Adult Ball (18+ yrs) full court play 12 – 1:30 pm	Adult Ball (18+ yrs) ½ court play 12 – 1:30 p.m.	Adult Ball (18+ yrs) full court play 12 – 1:30 p.m.	Adult Ball (18+ yrs) ½ court play 12 – 1:30 p.m.	Adult Ball (18+ yrs) full court play 12 – 1:30 p.m.		
1:00 PM							
2:00 PM	Open Gym ½ court play 2 – 9 p.m.	Open Gym ½ court play 2 – 9 p.m.	Open Gym ½ court play 2 – 9 p.m.	Open Gym ½ court play 2 – 9 p.m.	Open Gym ½ court play 2 – 9 p.m.		
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM			Wheelchair Ball full court 8 – 9 p.m.				

Schedules are subject to change without notice.

Contact us at 246-9622
Member Services Department

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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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