

# INDOOR SPORTS COURT SCHEDULE



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