

INDOOR SPORTS COURT SCHEDULE

Effective June 1, 2021



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Gym mixed use play 5-7:45 am	HIIT 5:15-6:45 am	Open Gym mixed use play 5-9 am	HIIT 5:15-6:45 am	Open Gym mixed use play 5-7:45 am	CLOSED	CLOSED
6:00 AM		Open Gym mixed use play 6:45-9 am		Open Gym mixed use play 6:45-9 am			
7:00 AM							
8:00 AM	Weight Training Intervals 7:45 - 9:15 am	Open Gym mixed use play 6:45-9 am	Open Gym mixed use play 6:45-9 am	Weight Training Intervals 7:45 - 9:15 am	Open Gym mixed use play 6:45-9 am	Open Gym mixed use play 8-10 am	
9:00 AM	30+ Ball 1/2 court play 9:15 am -12 pm	Rock Bottom 9-10:30 am	30+ Ball 1/2 court play 9 am -12 pm	Fit Happens 9-10:30 am	30+ Ball 1/2 court play 9:15 am -12 pm		HIIT 9-10:30 am
10:00 AM		30+ Ball 1/2 court play 10:30 am- 12 pm		30+ Ball 1/2 court play 10:30 am- 12 pm		Zumba 10:30 am- 12 pm	
11:00 AM							
12:00 PM	Adult Ball (18+) full court play 12-1:30 pm	Adult Ball (18+) full court play 12-1:30 pm	Adult Ball (18+) full court play 12-1:30 pm	Adult Ball (18+) full court play 12-1:30 pm	Adult Ball (18+) full court play 12-1:30 pm	Open Gym 1/2 court play 12-6 pm	Adult Ball (18+) full court play 10 am-2 pm
1:00 PM							
2:00 PM	Open Gym mixed use play 1:30- 3 pm	Open Gym mixed use play 1:30- 3 pm	Open Gym mixed use play 1:30- 3 pm	Open Gym mixed use play 1:30- 3 pm	Open Gym mixed use play 1:30- 3 pm		Open Gym 1/2 court play 2-4 pm
3:00 PM	Youth Ball (18 & under) 1/2 court play 3-5:15 pm	Youth Ball (18 & under) 1/2 court play 3-5:15 pm	Youth Ball (18 & under) 1/2 court play 3-5:15 pm	Youth Ball (18 & under) 1/2 court play 3-5:15 pm	Youth Ball (18 & under) 1/2 court play 3-5 pm		
4:00 PM							
5:00 PM	Zumba 5:15 - 6:45 pm	Zumba 5:15 - 6:45 pm	Tabata 5:15 - 6:45 pm	Zumba 5:15 - 6:45 pm	Open Gym 1/2 court play 5-9 pm		CLOSED
6:00 PM							
7:00 PM	Open Gym full court play 6:45-9 pm	Open Gym full court play 6:45-9 pm	Wheelchair full court play 7-9 pm	Women's Hour 7-8 pm			
8:00 PM				Open Gym full court play 8-9 pm			

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. Any 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 article
- Children 12 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 your cooperation.

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