

# GYMNASIUM SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 am		Open Gym 5 – 7 am	Open Gym 5 – 6 am	Open Gym 5 – 9 am	Open Gym 5 – 6 am	Open Gym 5 – 6 am			
6:00 am			R.I.P.P.E.D. 6 – 7am		Rise and Grind 6 – 7 am	R.I.P.P.E.D. 6 – 7 am			
7:00 am	Open Gym 7 – 1 pm	Flex Open Gym 7 – 9 am	Open Gym 7 – 9 am	Ski Conditioning 9-10 am	Open Gym 7 – 10 am	Open Gym 7 – 9 am	Open Gym 7 – 8 pm		
8:00 am		Ski Conditioning 9-10 am	Body Forge 9 – 10 am			Body Forge 9 – 10 am			
9:00 am		Mommy&Me Yoga and Preschool 10 – 11:15 am	Preschool (1/2) Open Gym (1/2) 10 – 11 am	Mommy&Me Open gym (1/2) Preschool (1/2) 10 – 11 am	Preschool (1/2) Open Gym (1/2) 10 – 11 am	Preschool (1/2) Open Gym (1/2) 10 – 11 am			
10:00 am		Open Gym (1/2) 11:15 – 12:00 pm	Open Gym 11 – 12 pm	Pickleball Learn-to-Play* (1/2) Open Gym (1/2) 11 – 12:30pm	Open Gym 11 – 12 pm	Open Gym 11 – 12 pm			
11:00 am		Pickleball Full Gym 12:00-2:30pm	Ski Conditioning 12 – 1 pm	Pickleball Full Gym 12:30 - 3 pm	Ski Conditioning 12 – 1 pm	Drop-in Basketball 12 – 2:15 pm			
12:00 pm		Pickleball Full Gym 1 – 3 pm	Pickleball Full Gym 1 – 3 pm		Pickleball Full Gym 1 – 3 pm				
1:00 pm			Open Gym 3 – 8 pm	Open Gym 2:30 – 6 pm	Open Gym 3 – 4:30 pm	Open Gym 3 – 6 pm		Open Gym 3 – 8 pm	Special Olympic Basketball (1/2) Open Gym (1/2) 2:15 – 4:30 pm
2:00 pm		Open Gym 3 – 4:30 pm		Open Gym 3 – 4:30 pm	Open Gym 3 – 8 pm				Open Gym 4:30 – 5 pm
3:00 pm			Ski Conditioning 6 – 7 pm	Flex Open Gym 5 – 10 pm	Ski Conditioning 6 – 7 pm	Flex Open Gym 7 – 10 pm		Flex Open Gym 8 – 10 pm	Pickleball Full Gym 5 – 8 pm
4:00 pm									
5:00 pm									
6:00 pm									
7:00 pm									
8:00 pm									
9:00 pm									
10:00 pm									

<p><b>Schedule Definitions:</b></p> <p><b>Flex Open Gym:</b> A flexible time for open play in the gym. This time allows for all activities on a first-come-first-serve basis, including Pickleball. Pickleball is limited to half court only and must remain Mixed Play at all times, allowing others to play.</p> <p><b>Open Gym:</b> A time for open play in the gym. To allow maximum use by everyone, <b>no Pickleball.</b></p> <p><b>Learn to play:</b> An opportunity to learn the rules to the game, meet new people, and play Pickleball at a slower speed. Find out what you need to work on or practice</p>	<p><b>PLANNED SCHEDULE CHANGES:</b></p> <p><b>Fall Frenzy Swim Meet</b> – Oct 19<sup>th</sup>-21<sup>st</sup> Gymnasium unavailable</p> <p><b>SKI SWAP</b> – Nov 2<sup>nd</sup> - 3<sup>rd</sup></p> <p><b>Red Cross Blood Drive</b> – Nov 15<sup>th</sup> 11-5pm</p>
---	---

**Schedule Effective**  
 October 8, 2018 -  
 December 7, 2018

Monday – Full Gym		
Time	Court	Level
12:30 – 2:30 pm	1	Beginner
12:30 – 2:30 pm	2,3	Mixed Play – All Levels
Tuesday – Full Gym		
Time	Court	Level
1 pm – 3:00 pm	1	Beginner
1 pm – 3:00 pm	2,3	Mixed Play – All Levels
Wednesday – ½ Gym - Full Gym		
Time	Court	Level
11 am – 12:30 pm	Court 1 - Learn to Play*	Beginner
12:30 – 3 pm	1	Beginner
12:30 – 3 pm	2,3	Mixed Play – All Levels
Thursday – Full Gym		
Time	Court	Level
1 pm – 3 pm	1	Beginner
1 pm – 3 pm	2,3	Mixed Play – All Levels
Friday – Full Gym		
Time	Court	Level
5 pm – 8 pm	1,2,3	Mixed Play All Levels
Sunday – Full Gym		
Time	Court	Level
1 pm – 3 pm	1,2,3	Mixed Play All Levels

**You may play on any available court. However, we ask that you play according to the designated court level.**

**Mixed Play = All players who know the rules and have played before.**

**Thank you!**

~Court 1 closest to the racquetball courts~

\*Coach on Court: Learn to Play (Starts Nov. 7<sup>th</sup>)

## Pickleball Schedule & Guidelines

**MORE PICKLEBALL!** There's more time to play during Flex Open Gym. Flex Open Gym is listed on the Gymnasium schedule and allows for Pickleball to be played on half court on a first com first serve basis.

### RULES & GUIDELINES

**COURT ROTATION** will be used at all times unless no players are waiting to play.

First game: winners stay on and split. Losers come off and next two players waiting come on.

Next game: Losers come off and next two waiting players come on.

No two players can play more than two games in a row when players are waiting

5+ players waiting – Paddle Stacking System will be utilized.

### **PADDLE STACKING RULES:**

- When you come off the court after your game put your paddles at the end of the paddle line. The clip on the paddle marks the next to play. Stack paddles left to right.
- Paddles must always be placed at the end of the line.
- Those willing to give up play time to play with a certain group or partner have that option.
- Please do not change paddle line up without permission of players.

### PICKLEBALL ETIQUETTE

Have fun, it's only a game.

Follow rotation guidelines so everyone has a chance to play regardless of ability.

Follow the rules and schedule.

During open play, all levels play.

If you are unsure of your level of play and/or ranking – a self-ranking guide is available at USAPA.org

Please review USAPA rule summary in the Pickleball binder located at the service desk and in the Pickleball basket.