

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 – 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		Flex Open Gym 7 –10 am	Open Gym 7 – 8:45 am	Open Gym 5 – 10 am	Open Gym 7 – 10 am	Open Gym 7 – 8:45 am	Flex Open Gym 7 – 10 am	
8:00 am			Body Forge 8:45 – 10 am			Body Forge 8:45 – 10 am		
9:00 am								
10:00 am	Open Gym 7 – 12 pm	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		
11:00 am		Open Gym 11:15 – 12:00 pm		Pickleball Learn-to-Play* (1/2) Open Gym (1/2) 11 – 12:30pm		Open Gym 11 – 12 pm		
12:00 pm	Pickleball Full Gym 12 – 3 pm	Pickleball Full Gym 12:00-2:30pm	Open Gym 11 – 1 pm		Open Gym 11 – 1 pm	Drop-in Basketball 12 – 2:15 pm	Open Gym 10 am – 8 pm	
1:00 pm				Pickleball Full Gym 1 – 3 pm	Pickleball Full Gym 12:30 - 3 pm			Pickleball Full Gym 1 – 3 pm
2:00 pm								
3:00 pm	Open Gym 3 – 8 pm	Open Gym 2:30 – 6 pm	Open Gym 3 – 4:30 pm					
4:00 pm				YOUTH ZONE ½ Gym 4:30-5 pm	Open Gym 3 – 8 pm	Open Gym 3 – 8 pm	Open Gym 4:30 – 5 pm	
5:00 pm				Open Gym 5 – 6 pm			Pickleball Full Gym 5 – 8 pm	
6:00 pm				Co-Rec Volleyball Open Net 6 – 10 pm	Men's 4 on 4 Pickup Basketball 6 – 10 pm			
7:00 pm								
8:00 pm				Flex Open Gym 8 – 10 pm	Flex Open Gym 8 – 10 pm	Open Gym 8 – 10		
9:00 pm								
10:00 pm								

Schedule Definitions:

Flex Open Gym: 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 allow others to play. **Pickleball players will be asked to setup and take down all equipment they ask to use. A net is available at the service desk.**

Open Gym: A time for open play in the gym. To allow maximum use by everyone, **no Pickleball.**

Learn to play: 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.

BODY FORGE: Class setup at 8:45 am - Class start at 9 am

PLANNED SCHEDULE CHANGES:

~ SWIM MEET ~

Jan. 11th @ 4pm – 13th @ 4pm

Gymnasium Closed

Red Cross Blood Drive – Jan. 17th

Club Sport Rental – (Any registered AAU Team) – Call or email Carrie for availability, question, and scheduling – Call: 406-730-6171 Email: carrie@whitefishwave.com



Schedule Effective
December 8, 2018 -
March 8, 2019

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

~Court 1 closest to the racquetball courts~ *Coach on Court: Learn to Play

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

Please see Open Play Rules

Pickleball Open Play Rules!

When the entire gym is set up for Pickleball Open Play, each court will be assigned a skill level as follows:

Court 1- Level 1

Court 2- Level 2

Court 3- Level 3

For ALL Courts:

- If you are waiting to play, place your paddle next to the net of the court you want to play on.
- Games should be played to 7 if people are waiting, otherwise play to 11.

Court 1- Level 1

- Winners split and the next two players in line come in.
- Rotate out if you win two consecutive games.
- If you are consistently winning on Court 1, consider moving to Court 2.

Court 2- Level 2

- Incoming players decide if they want to challenge the winners or have them split.
- If a player/team wins 2 consecutive games, they rotate out.
- If you are consistently winning on Court 2, consider moving to Court 3.

Court 3- Level 3

- The winning team stays together and the next two players in line, come in to challenge.
- If a team wins 2 consecutive games, they rotate out.

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.