

GYMNASIUM SCHEDULE

Schedule Effective

April 1, 2019 -

May 31, 2019

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:00 am		Open Gym 5 – 7 am	Open Gym 5 – 6 am	Open Gym 5 – 10 am	Open Gym 5 – 6 am	Open Gym 5 – 6 am	Flex Open Gym 7 – 10 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 – 12 pm	Flex Open Gym 7 – 10 am	Open Gym 7 – 8:45 am		Open Gym 7 – 10:30 am	Open Gym 7 – 8 am		Open Gym 7 – 8 am		
8:00 am										Pilates Express (1/2) 8 – 8:30 am
9:00 am									Body Forge 8:45 – 10 am	
10:00 am		Mom & Me Music and Movement 10:00 – 10:30 am	Open Gym 10 – 10:30 am						Mom&Me Open gym (1/2) 10 – 10:45 am	
		Preschool (1/2) 10:30 – 11:15 am	Preschool (1/2) 10:30 – 11:15 am	Preschool (1/2) 10:45 – 11:15 am			Preschool (1/2) 10:30 – 11:15 am		Preschool (1/2) 10:30 – 11:15 am	
11:00 am		Open Gym 11:15 – 12 pm		Open Gym 11:15 – 12 pm	Open Gym 11 – 12 pm	Open Gym 11 – 12 pm				
12:00 pm	Pickleball Full Gym 12 – 3 pm	Pickleball Full Gym 12 – 2 pm	Open Gym 11:15 – 4:30 pm	Pickleball Full Gym 12 – 2 pm	Pickleball Full Gym 12 – 2 pm	Drop-in Basketball 12 – 2:15 pm	Open Gym 10 – 8 pm			
1:00 pm										
2:00 pm					Open Gym 2 – 4 pm			Open Gym 2:15 – 5 pm		
3:00 pm	Open Gym 3 – 8 pm	Open Gym 2:30 – 6 pm	YOUTH ZONE ½ Gym 4:30-5 pm	Swim Team Dry Land Training (1/2) 4 – 5 pm	Open Gym 2 – 8 pm					
4:00 pm										
5:00 pm				Open Gym 5 – 7 pm		Open Gym 5 – 8 pm		Pickleball Full Gym 5 – 7 pm		
6:00 pm						Pickleball (1/2) Open Gym (1/2) 7 – 8 pm				
7:00 pm			Co-Rec Volleyball Open Net 7 – 10 pm	Men's 4 on 4 Pickup Basketball 7 – 10 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.**

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

Mom & Me: Classes for care givers and toddlers to explore music and body movement with free play in the gymnasium.

PLANNED SCHEDULE CHANGES:

Red Cross Blood Drive – May 16th - No Gym 10 am – 5pm

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



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Monday – 12 – 2 pm – Open Play
Wednesday – 12 – 2 pm – Open Play
Thursday – 12 – 2 pm – Open Play
Friday – 5 – 7 pm Full Gym 7 – 8 pm ½ Gym – 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.