

Schedule Effective
 May 27th, 2019 -
 September 2nd, 2019

GYMNASIUM SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 am	Open Gym 7 – 8 pm	Open Gym 5 – 7 am	Open Gym 5 – 6 am	Open Gym 5 – 10:30 am	Open Gym 5 – 10:30 am	Open Gym 5 – 6 am	Open Gym 7 am – 8 pm		
6:00 am			R.I.P.P.E.D. 6 – 7am			R.I.P.P.E.D. 6 – 7 am			
7:00 am			Open Gym 7 – 8:45 am			Open Gym 7 – 8:45 am			
8:00 am			Body Forge 8:45 – 10 am			Body Forge 8:45 – 10 am			
9:00 am			Open Gym 10 – 10:30 am			Open Gym 10 – 10:30 am			
10:00 am		Summer Fitness Camp 10:30 – 11:30 am	Summer Fitness Camp 10:30 – 11:30 am	Summer Fitness Camp 10:30 – 11:30 am	Summer Fitness Camp 10:30 – 11:30 am	Summer Fitness Camp 10:30 – 11:30 am			
11:00 am		Open Gym 11:30 – 6:30 pm	Open Gym 11:30 - 9 pm	Open Gym 11:30 - 12 pm	Open Gym 11:30 – 9 pm	Open Gym 11:30 – 9 pm		Drop-in Basketball 12 – 2:15 pm	
12:00 pm				Parks & Rec (1/2) Open Gym (1/2) 12 – 2 pm					
1:00 pm				Open Gym 2 – 9 pm					Open Gym 2:15 – 9 pm
2:00 pm									
3:00 pm									
4:00 pm	Drop-in Volleyball 6:30 – 8:30 pm	Open Gym 8:30 – 9 pm							
5:00 pm									
6:00 pm	Summer Hours Closed at 9pm	Summer Hours Closed at 9pm	Summer Hours Closed at 9pm	Summer Hours Closed at 9pm	Summer Hours Closed at 9pm				
7:00 pm									
8:00 pm									
9:00 pm	Summer Hours Closed at 9pm	Summer Hours Closed at 9pm	Summer Hours Closed at 9pm	Summer Hours Closed at 9pm	Summer Hours Closed at 9pm				
10:00 pm									

<p>Schedule Definitions:</p> <p>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.</p> <p>DROP-IN Volleyball – Men or Women drop in all levels play.</p> <p>DROP-IN Basketball - Men or Women drop in competitive play.</p> <p>R.I.P.P.E.D. - Join us for this "one stop body shock". Tone up through a series of intense exercises including resistance, intervals, plyometric, power and endurance.</p> <p>BODY FORGE - Toning and cardio intervals. Get sculpted abs and glutes, strong arms and lean legs with this fun and innovative workout. This class is currently being held in the gymnasium. <i>Class setup at 8:45 am - Class start at 9 am</i></p>	<p>PLANNED SCHEDULE CHANGES:</p> <p>Red Cross Blood Drive – July 18th</p> <p>Club Sport Rental – (Any registered AAU Team) – Call or email Carrie for availability, questions, and scheduling – Call: 406-730-6171 Email: carrie@whitefishwave.com</p>
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Schedule Effective
December 8, 2018 -
March 24, 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.