

BASKETBALL SCHEDULE

sport&health

STAFFORD

315 Garrisonville Rd #106 | Stafford, VA 22554
540-659-3488 | sportandhealth.com

Hour: M-F 4am-12:00am; Sat 7am-8:00pm; Sun 7am-7pm

Group exercise schedules are also available online at: sportandhealth.com/classes

MON	TUES	WED	THUR	FRI	SAT	SUN
4:00-11:30am 1/2 Court ONLY	4:00-11:30am 1/2 Court ONLY	4:00-11:30am 1/2 Court ONLY	4:00-11:30am 1/2 Court ONLY	4:00-11:30am 1/2 Court ONLY	7:00am-12:00pm Full Court	7:00am-1:00pm Full Court
	9:30-11:30am Preschool (ages 2.5 to 5)	5:00-6:00am Reserved for PT				
11:00am-2:00pm Full Court	10:00-11:00am Recess & Results	6:00am-11:00am 1/2 Court ONLY	10:00-11:00am Recess & Results			
2:00-5:00pm 1/2 Court ONLY	11:00am-2:00pm Full Court	11:00am-4:00pm Full Court	11:00am-2:00pm Full Court	11:00am-2:00pm Full Court	12:00-2:00pm EP TRAINING	1:00-3:00pm Parents & Kids
5:00-9:00pm Full Court	2:00-5:00pm 1/2 Court ONLY	4:00-6:00pm Sports&Kids	2:00-5:00pm 1/2 Court ONLY	2:00-5:00pm 1/2 Court ONLY	2:00-8:00pm 1/2 Court ONLY	1:00-3:00pm Parents & Kids
	5:00-7:00pm Full Court	6:00-9:00pm Full Court	5:00-7:00pm Full Court	5:00-9:00pm Full Court		3:00-7:00pm 1/2 Court ONLY
9:00pm-12:00am 1/2 Court ONLY	7:00-11:00pm Volleyball	9:00pm-12:00am 1/2 Court ONLY	7:00-11:00pm Volleyball	9:00pm-12:00am 1/2 Court ONLY		
	11:00pm-12:00am 1/2 Court ONLY		11:00pm-12:00am 1/2 Court ONLY			

*Updated September 2013

*Anyone under 15 years of age or not Teens&Health certified (11-14 years of age) must have a parent or legal guardian on the court. Use of court is limited only during 1/2 court time & parent and kid designated times.

Please do not put any bags on the floor.

