

BASKETBALL SCHEDULE

sport&health

GAINESVILLE

7201 Heritage Village Plaza • Gainesville, VA 20155 • 703-753-1818 • sportandhealth.com

Hours: Monday-Friday 4am-11pm; Sat 7am-8pm; Sun 7am-7pm

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

MON	TUES	WED	THUR	FRI	SAT	SUN
OPEN BASKETBALL 4:00-9:00AM	OPEN BASKETBALL 4:00-9:00AM	OPEN BASKETBALL 4:00-9:00AM	OPEN BASKETBALL 4:00-9:00AM	OPEN BASKETBALL 4:00-9:00AM		
					ADULT PLAY Ages 18+ 7:00-10:00AM	
½ KIDZ PROGRAMS ½ GROUP FITNESS 9:00-12:00PM	½ KIDZ PROGRAMS ½ GROUP FITNESS 9:00-12:00PM	½ KIDZ PROGRAMS ½ GROUP FITNESS 9:00-12:00PM	½ KIDZ PROGRAMS ½ GROUP FITNESS 9:00-12:00PM	½ KIDZ PROGRAMS ½ GROUP FITNESS 9:00-12:00PM	½ YOUTH BASKETBALL Ages 11-17 10:00-12:30PM	OPEN BASKETBALL 7:00-11:00AM
					FAMILY PLAY ½ COURT 10:00-12:30PM	
OPEN BASKETBALL FULL COURT 12:00-5:00PM	OPEN BASKETBALL FULL COURT 12:00-5:00PM	OPEN BASKETBALL FULL COURT 12:00-5:00PM	OPEN BASKETBALL FULL COURT 12:00-4:30PM	OPEN BASKETBALL FULL COURT 12:00PM-5:00PM	EP TRAINING ½ COURT 12:30-3:00PM	FAMILY PLAY 11:00-2:00PM
					OPEN BASKETBALL ½ COURT 12:30-3:00PM	
EP TRAINING ½ COURT 5:00-7:30PM	EP TRAINING ½ COURT 5:00-7:00PM		EP TRAINING ½ COURT 4:30-7:00PM	OPEN BASKETBALL ½ COURT 5:00-7:00PM		
		YOUTH VOLLEYBALL 5:00-7:00PM				
YOUTH BASKETBALL Ages 11-17 5:00-7:30PM	YOUTH BASKETBALL Ages 11-17 5:00-7:00PM		YOUTH BASKETBALL Ages 11-17 4:30-7:00PM	YOUTH BASKETBALL Ages 11-17 5:00-7:00PM	YOUTH VOLLEYBALL LEAGUE 3:00-8:00PM	OPEN BASKETBALL FULL COURT 2:00-7:00PM
OPEN BASKETBALL ½ COURT 7:30-8:30PM	OPEN BASKETBALL ½ COURT 7:00-8:30PM					
ADULT PLAY Ages 18+ FULL COURT 8:30-11:00PM	ADULT PLAY Ages 18+ FULL COURT 8:30-11:00PM	VOLLEYBALL LEAGUE 7:00-11:00PM	ADULT PLAY Ages 18+ FULL COURT 7:00-11:00PM	VOLLEYBALL LEAGUE 7:00-11:00PM		

*Updated Fall 2015

Adult Play (18+) - Adults 18+ only allowed on the court at that time.

Pick-Up Games - Full Court Pick-Up Games Only

Open Basketball - ½ Court, Open to shoot around and games

Volleyball - See Front Desk to Sign Ups

Family Play - Parents with children 15 and younger (Parents must be present on the court for children 10 and under)

Youth Basketball - Ages 11-17 only allowed on the court at that time.

School's Out Camp - Dec 21-23, Dec 28-30, Feb 1 - Full court is reserved from 8:45am-4:15pm

