BASKETBALL SCHEDULE sport&health

42365 Soave Dr. • Brambleton, VA 20148 • 703-774-9500 • sportandhealth.com

Hours: Mon-Thurs 5am-11pm; Fri 5am-10pm; Sat & Sun 7am-8pm Also available online at sportandhealth.com/brambleton.

	MON	TUES	WED	THUR	FRI	SAT	SUN
	OPEN BASKETBALL 5:00AM-9:00AM	OPEN BADMINTON 5:00AM-6:30AM	OPEN BASKETBALL 5:00AM-9:00AM	OPEN BADMINTON 5:00AM-6:30AM	OPEN BADMINTON 5:00AM-6:30AM	OPEN BADMINTON 7:00AM-9:00AM	OPEN BADMINTON 7:00AM-9:00AM
		OPEN BASKETBALL 6:30AM-9:00AM		OPEN BASKETBALL 6:30AM-9:00AM	OPEN BASKETBALL 6:30AM-9:00AM	TNT GROUP TRAINING 8:15AM-11:30AM *SELECT DATES BELOW	FULL COURT BASKETBALL Ages 18+ 9:30AM-12:00PM
	KIDZ ACTIVITIES 9:00AM- 12:00PM	KIDZ ACTIVITIES 9:00AM- 12:00PM	KIDZ ACTIVITIES 9:00AM- 12:00PM	KIDZ ACTIVITIES 9:00AM-12:00PM	KIDZ ACTIVITIES 9:00AM- 12:00PM	OPEN BASKETBALL 9:00AM-3:00PM	
	OPEN BASKETBALL 12:00PM- 3:00PMSHOOT AROUND 3:00PM-5:30PMOPEN BASKETBALL 5:30PM-6:30PMFULL COURT BASKETBALL Ages 18+ 6:30PM-9:00PM	OPEN BASKETBALL 12:00PM- 3:00PM	OPEN BASKETBALL 12:00PM- 7:00PM	FULL COURT BASKETBALL Ages 18+ 12:00PM-2:45PM	OPEN BASKETBALL 12:00PM- 6:00PM	(See note below)	OPEN BASKETBALL 12:00PM-2:00PM
		SHOOT AROUND 3:00PM -4:15PM		JR. TENNIS *Full Court 3:30PM -4:15PM		SHOOT AROUND 3:00PM-5:30PM	JR. TENNIS *Full Court 2:00PM – 4:00PM
		OPEN BASKETBALL 4:15PM-5:30PM		OPEN BASKETBALL 4:15PM-5:30PM		(See note below)	
		SHOOT AROUND 5:30PM-8:00PM		SHOOT AROUND 5:30PM-6:30PM		OPEN VOLLEYBALL Ages 18+ 5:30PM-8:00PM (See note below)	FAMILY PLAY 4:30PM-8:00PM
		OPEN BASKETBALL 8:00PM- 11:00PM	OPEN VOLLEYBALL Ages 13-17 7:00PM-8:00PM	FULL COURT BASKETBALL Ages 18+ 6:30PM-9:00PM			
-						Court reserved for private activities	
	OPEN BASKETBALL 9:00PM- 11:00PM		OPEN VOLLEYBALL Ages 18+ 8:00PM- 11:00PM	OPEN BASKETBALL 9:00PM-11:00PM	FAMILY PLAY 6:00PM- 10:00PM	on the following Sat from 2:30p-9p: 1/30, 2/6, 2/20, 2/27, 3/5, 3/12	
						Updated: Feb 2016	



Full Court Basketball (18+) - Full Court Games for Adults AGES 18 AND OVER ONLY.

Kids Activities - Entire Court Closed for Kidz programming (Jr. Tennis, Active Kidz etc.)

Open Basketball - Open to shoot around or games. Games will take precedence.

Those not playing in a game may stay and shoot but must clear the court when play returns to that end. Open Volleyball - Open to pick-up Volleyball

*Members set up & clean up volleyball net.

Shoot Around - Open to shoot around only. Open to all ages. NO GAMES

**Ages 11 and below must have a parent on the court. **Ages 12-14 must have parent or guardian present in the club.

Family Play - Parents with children 15 and under (Parents must be present on the court for children 11 and under)

MON - FRI SNOW DAYS: Normal Schedule to 12p, 12p-3p - Shoot Around, 3p-6p - Open Basketball, Normal Schedule After 6p

TNT RESERVED DATES: • Saturday, Feb 6 Saturday, Mar 19 • Saturday, Feb 20 • Saturday, Apr 9

• Saturday, Mar 5 Saturday, Apr 23