

BASKETBALL SCHEDULE

sport&health

NORTH FREDERICK
 2500 Osprey Way • Frederick, MD 21701
 301-668-2940 • 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 GYM 4:00AM-2:00PM	OPEN GYM 4:00AM-1:00PM	OPEN GYM 4:00AM-12:00PM	OPEN GYM 4:00AM-1:00PM	OPEN GYM 4:00AM-2:00PM	OPEN GYM 7:00AM-8:00PM	OPEN GYM 7:00AM-1:00PM
	PLAY & SPLASH \$ (HALF COURT) 1:00-1:30PM		PLAY & SPLASH \$ (HALF COURT) 1:00-1:30PM			
FAMILY GYM 2:00-6:30PM	FAMILY GYM 2:00PM-6:30PM	BASKETBALL LEAGUE \$ 12:00-2:00PM	FAMILY GYM 2:00-6:30PM	FAMILY GYM 2:00-6:30PM		VOLLEYBALL 1:00-4:00PM
		FAMILY GYM 2:00-6:30PM				
EXPLOSIVE PERFORMANCE \$ (HALF COURT) 5:30-6:30PM	OPEN GYM 6:30-8:00PM	EXPLOSIVE PERFORMANCE \$ (HALF COURT) 5:30-6:30PM	NINJA KIDZ \$ (Ages 4-7) 5:30-6:00PM	OPEN GYM 6:30-8:00PM		
OPEN GYM 6:30-8:00PM		NINJA KIDZ \$ (Ages 8-11) 6:00-6:30PM	BASKETBALL LEAGUE \$ 6:00-7:00PM			
ADULT PLAY AGES 18+ (full court option) 8:00-11:00PM	ADULT PLAY AGES 18+ (full court option) 8:00-11:00PM	ADULT PLAY AGES 18+ (full court option) 8:00-11:00PM	ADULT PLAY AGES 18+ (full court option) 8:00-11:00PM	ADULT PLAY AGES 18+ (full court option) 8:00-11:00PM		

*Updated October 2013

OPEN GYM: All members and guests welcome (half court)
FAMILY GYM: under 18 (11& under must have supervision)
ADULT PLAY: 18&older (full court option)
EXPLOSIVE PERFORMANCE: half court reserved for EP, other half open.

*\$ = Paid Program: Register online at sportandhealth.com/programs
 or visit the front desk.

