



BOTETOURT GYMNASIUM SCHEDULE

(effective 1/2019)

MONDAY

5 - 6:30 a.m.	Xtreme Training
6:30 - 9:30 a.m.	Full Court Play*
9:30 a.m. - 3:30 p.m.	Shoot Around/Family Time/ Half-Court Play
3:30 - 5 p.m.	Full Court Play*
5 - 6:15 p.m.	Shoot Around/Family Time/ Half-Court Play
6:15 - 7:45 p.m.	Xtreme Training
7:45 - 10:30 p.m.	Full Court Play*

TUESDAY

5 - 9:30 a.m.	Full Court Play*
9:30 a.m. - 3:30 p.m.	Shoot Around/Family Time/ Half-Court Play
3:30 - 5 p.m.	Full Court Play*
5 - 8 p.m.	Shoot Around/Family Time/ Half-Court Play
8 - 9 p.m.	Volleyball
9 - 10:30 p.m.	Full Court Play*

WEDNESDAY

5 - 9:30 a.m.	Full Court Play*
9:30 a.m. - 3:30 p.m.	Shoot Around/Family Time/ Half-Court Play
3:30 - 5 p.m.	Full Court Play*
5 - 6:15 p.m.	Shoot Around/Family Time/ Half-Court Play
6:15 - 7:45 p.m.	Xtreme Training
7:45 - 10:30 p.m.	Full Court Play*

THURSDAY

5 - 9:30 a.m.	Full Court Play*
9:30 a.m. - 3:30 p.m.	Shoot Around/Family Time/ Half-Court Play
3:30 - 5 p.m.	Full Court Play*
5 - 8 p.m.	Shoot Around/Family Time/ Half-Court Play
8 - 10:30 p.m.	Full Court Play*

FRIDAY

5 - 6:30 a.m.	Xtreme Training
6:30 - 9:30 a.m.	Full Court Play*
9:30 a.m. - 5:30 p.m.	Shoot Around/Family Time/ Half-Court Play
5:30 - 10:30 p.m.	Full Court Play*

SATURDAY

7 - 8:45 a.m.	Full Court Play*
8:45 - 10:15 a.m.	BodyAttack
10:15 a.m. - 4 p.m.	Shoot Around/Family Time/ Half-Court Play
4 - 7 p.m.	Full Court Play*

SUNDAY

7 a.m. - 2 p.m.	Full Court Play*
2 - 5 p.m.	Shoot Around/Family Time/ Half-Court Play
5 - 7 p.m.	Volleyball

For Shoot Around/Family Time/Half-Court Play, a parent must be present with children age 10 and under. Children ages 11 - 14 may be unattended on the basketball court, however the parent must be in the facility.

**Full Court Play reserved for members ages 15 and up.*