

<u>Time</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00am	XXXXXX	Bootcamp CrossTraining	Open Gym	Bootcamp CrossTraining	Open Gym	Bootcamp CrossTraining	XXXXXX
6:00am	XXXXXX	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	XXXXXX
7:00am	XXXXXX	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
8:00am	XXXXXX	Open Gym Overflow	Open Gym Overflow	Open Gym Overflow	Open Gym Overflow	Open Gym Overflow	W and E-Full Court Basketball
9:00am	XXXXXX	XXXXX Bootcamp CrossTraining	XXXXX Bootcamp STRONG	XXXXX Bootcamp CrossTraining	XXXXX Bootcamp STRONG	XXXXX Bootcamp CrossTraining	W and E-Full Court Basketball <b>E Overflow</b>
10:00am	Open Gym	XXXXX Silver Sneakers	XXXXX Silver Sneakers	XXXXX Silver Sneakers	XXXXX Silver Sneakers	XXXXX Silver Sneakers	W and E-Full Court Basketball <b>E Overflow</b>
11:00am	Open Gym	XXXXX Silver Sneakers	XXXXX Silver Sneakers	XXXXX Silver Sneakers	XXXXX Silver Sneakers	XXXXX Silver Sneakers	XXXXXX Open Volleyball Full Court
Noon	Open Gym	XXXXX Bootcamp Strong	XXXXXX Bootcamp STRONG	XXXXXXX Bootcamp Strong	XXXXXX Bootcamp STRONG	Open Gym Overflow	XXXXXX Open Volleyball
1:00pm	Open Gym	Open Gym	XXXXX Pickleball	Open Gym	XXXXX Pickleball	Open Gym	XXXXXX Open Volleyball
2:00pm	Open Gym	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
3:00pm	Open Gym	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
4:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	XXXXXX (4:30-8:00) Open Pickleball
5:00pm	Open Gym	Open Gym	Open Gym	XXXXX Suspension Pro Class	Open Gym	Open Gym	XXXXXX (4:30-8:00) Open Pickleball
6:00pm	XXXXXX	(6:00-9:00) Open Pickleball XXXXXX	Open Gym Overflow	XXXXXX Open Volleyball Full Court	(6:00-9:00) XXXXXX Open Pickleball	Open Gym	XXXXXX (4:30-8:00) Open Pickleball
7:00pm	XXXXXX	(6:00-9:00) Open Pickleball XXXXXX	Open Gym	XXXXXX Open Volleyball Full Court	XXXXXX Open Pickleball	Open Gym	XXXXXX (4:30-8:00) Open Pickleball
8:00pm	XXXXXX	XXXXXXX Open Pickleball	Open Gym	Open Volleyball Full Court	XXXXXX Open Pickleball	Open Gym	XXXXXX Open Pickleball
9:00pm	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX

KEY:

W= West Gym E=East Gym  
Adult VB-Gym closed to League

XXXXXX=Gym Closed  
Pickleball League- Gym closed to League

Overflow = Gym May be Used for Aerobics Overflow

# Chesterfield Family Center Basketball Court and Rockwall Schedule

Effective April 1st, 2023

Chesterfield Family Center  
2511 W. Republic Rd  
Springfield, MO. 65807  
417-891-1616

## Facility Hours

Monday-Friday	5 a.m.-9 p.m.
Saturday	7 a.m.- 8 p.m.
Sunday	10 a.m.-6 p.m.

**All Times/Classes are Subject to Change**



### **Boot Camp**

This is an advanced class. A hard core workout including strength and cardiovascular training. Not for the light-hearted. This class is free for members or paid guest.

### **Silver Sneakers**

This program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep seniors healthy while encouraging social interaction

### **Full Court Basketball**

Offers members and guest the opportunity to play basketball on a high school regulation size court. Basketballs are provided for members and guest while at CFC.

### **Open Gym**

Offers members and guest space to recreate by utilizing the basketball court. We provide basketballs for members and guest while at CFC. Please be respectful of everyone's space and activities during open gym time.

### **Open Volleyball**

Offers members and guest space to play volleyball in a recreational setting. We provide volleyballs for members and guest while at CFC. Please be respectful of everyone's ability while playing volleyball.

### **Adult Volleyball**

Adult Volleyball Leagues-League registration is offered through our athletics department.

### **Rockwall**

Tuesday 5p-8p & Sunday 2p-5:30p. Must be 45lbs or heavier and lighter than 250lbs. Harness must fit, and a waiver needs to be signed by a legal guardian for anyone under 18. Closed toes shoes required.

### **Suspension Pro Fitness**

Improve your overall fitness and challenge your limits with this suspension training format. This class will use suspension and weight bearing exercises that will improve your strength, balance, and core.

### **Pickleball**

Offers members and guests a space to play pickleball. Free to members, non-members must pay day pass or purchase punch card at the front desk. Available for those 10 and up.

### **Gymnasium**

- o A parent or guardian must accompany all children younger than 9 years old into the gymnasium.
- o No food, drink, or chewing gum allowed.
- o No offensive language.
- o No disruptive or unsafe behavior.
- o Tennis shoes only. No street shoes.
- o Spitting will not be tolerated.
- o Hanging on basketball rims is not allowed.
- o Shirt and shoes are to be worn at all times. Skins permitted during game play only.
- o Please exercise good sportsmanship when playing and selecting teams for play.
- o Full court play will be by staff approval only.
- o Do Not throw basketballs or volleyballs on or near the walking track.
- o Chesterfield Family Center reserves the right to suspend facility privileges to anyone who disregards rules and/or policies.

\* A full list of rules can be found at [parkboard.org](http://parkboard.org)

***PARKBOARD.ORG***