

# Chesterfield Family Center Basketball Court and Rockwall Schedule

Effective July 6th, 2020

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

*Gym is closed M-F 9:00a-10:00a and  
12:00-1:00p.*



### **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**

Not available at this time

### **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**

Not available at this time

### **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. Socks 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***

***\*\*Due to COVID social distancing requirements, Gym Schedule is subject to change if there is any overflow during Fitness Classes.***

<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	E – Bootcamp CrossTraining	E – Bootcamp CrossTraining	E – Bootcamp CrossTraining	E – Bootcamp CrossTraining	E – 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	Open Gym	Open Gym	Open Gym	Open Gym	W and E-Full Court Basketball
9:00am	XXXXXX	XXXXXX Bootcamp CrossTraining	XXXXXX Bootcamp STRONG	XXXXXX Bootcamp CrossTraining	XXXXXX Bootcamp STRONG	XXXXXX Bootcamp CrossTraining	W and E-Full Court Basketball
10:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	W and E-Full Court Basketball
11:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	E-Open Volleyball
Noon	Open Gym	XXXXXX Bootcamp STRONG	XXXXXX Bootcamp STRONG	XXXXXX Bootcamp STRONG	XXXXXX Bootcamp STRONG	Open Gym	E-Open Volleyball
1:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	E-Open Volleyball
2:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
3:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
4:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	XXXXXX (4:00-7:30) Pickleball League
5:00pm	Open Gym	Open Gym	Open Gym	W- Suspension Class E-Open Volleyball	Open Gym	Open Gym	XXXXXX (4:30-7:30) Pickleball League
6:00pm	XXXXXX	Adult VB League	Open Gym	W-Suspension Class E-Open Volleyball	XXXXXX (6:00-8:00) Pickleball League	Open Gym	XXXXXX (4:30-7:30) Pickleball League
7:00pm	XXXXXX	Adult VB League	Open Gym	W-Youth Suspension E-Open Volleyball	XXXXXX (6:00-8:00) Pickleball League	Open Gym	XXXXXX (4:00-7:30) Pickleball League
8:00pm	XXXXXX	Adult VB League	Open Gym	E-Open Volleyball	XXXXXX (6:00-8:00) Pickleball League	Open Gym	XXXXXX
9:00pm	XXXXXX	Adult VB League	Open Gym	E-Open Volleyball	Open Gym	Open Gym	XXXXXX

KEY:

W= West Gym E=East Gym  
Adult VB-Gym closed to LeagueXXXXXX=Gym Closed  
Pickleball League– Gym closed to League