

Chesterfield Family Center Basketball Court and Rockwall Schedule

Effective January 13th, 2020

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

Facility Hours

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

All Times/Classes are Subject to Change



Body 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

Offers members and guest the chance to climb the 28ft rock climbing wall. Members and guest must weight between 45 and 250 pounds, as well as complete a waiver form to climb the Rockwall. Waiver forms and rules are available online or at the Rockwall.

School Group

Chesterfield Family Center host local school groups where the children will utilize half the basketball court and rock wall for a short amount of time.

Suspension Pro Fitness

Improve your overall fitness and challenge your limits with this suspension training format. This class will use suspension and weight baring 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

PARKBOARD.ORG

<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 – Action	E – Action	E—Action	E – Action	E—Action	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 Total Body Blitz	XXXXXX Body Blast	XXXXXX Total Body Blitz	XXXXXX Body Blast	XXXXXX Total Body Blitz	W and E-Full Court Basketball
10:00am	Open Gym	XXXXXX Silver Sneakers	XXXXXX Silver Sneakers	XXXXXX Silver Sneakers	XXXXXX Silver Sneakers	XXXXXX Silver Sneakers	W and E-Full Court Basketball
11:00am	Open Gym	XXXXXX Silver Sneakers	XXXXXX Silver Sneakers	XXXXXX Silver Sneakers	XXXXXX Silver Sneakers	XXXXXX Silver Sneakers	E-Open Volleyball
Noon	Open Gym	W—Fitness Fusion	W—Fitness Fusion	W—Fitness Fusion	W—Fitness Fusion	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	Rock Open Gym	Rock Open Gym	Rock Open Gym	Rock Open Gym	Rock Open Gym	Rock (4:00-7:30) Pickleball League (4:30-7:30)
5:00pm	Open Gym	Rock Open Gym	Rock Open Gym	W- Suspension Class 5:30pm Rock	Rock Open Gym	Rock Open Gym	Rock (4:00-7:30) XXXXXX Pickleball League (4:30-7:30)
6:00pm	XXXXXX	Rock Adult VB League	Rock Open Gym	W-Suspension Class E-Open Volleyball Rock	Rock XXXXXX Pickleball League	Rock Open Gym	Rock (4:00-7:30) XXXXXX Pickleball League (4:30-7:30)
7:00pm	XXXXXX	Adult VB League	Open Gym	W-Youth Suspension E-Open Volleyball	XXXXXX Pickleball League	Open Gym	Rock (4:00-7:30) XXXXXX Pickleball League (4:30-7:30)
8:00pm	XXXXXX	Adult VB League	Open Gym	E-Open Volleyball	XXXXXX 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 Rock=Rockwall
Pickleball League– Gym closed to League