

North Court Schedule - Winter 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT		
6:00 AM	TEAM PROGRAMS	TEAM BOOT CAMP	TEAM PROGRAMS	TEAM BOOT CAMP	TEAM PROGRAMS		
7:00 AM						OPEN COURT	
8:00 AM	OPEN COURT		OPEN COURT		OPEN COURT		
9:00 AM	BOOT CAMP	OPEN COURT	BOOT CAMP	OPEN COURT	BOOT CAMP		
10:00 AM						BASKETBALL PICK-UP 16 & OLDER	
11:00 AM	OPEN COURT	LUNCH BASKETBALL FULL COURT	OPEN COURT	LUNCH BASKETBALL FULL COURT	OPEN COURT		
12:00 PM	TEAM WEIGHT LOSS	TEAM BOOT CAMP	TEAM WEIGHT LOSS	TEAM BOOT CAMP	TEAM WEIGHT LOSS		OPEN COURT
1:00 PM							
2:00 PM							
3:00 PM	OPEN COURT		OPEN COURT				
4:00 PM		OPEN COURT		OPEN COURT	OPEN COURT	OPEN COURT	
5:00 PM							
6:00 PM							BASKETBALL LEAGUE 1/31 -4/11
7:00 PM	BASKETBALL PICK-UP FULL COURT		BASKETBALL PICK-UP FULL COURT	VOLLEYBALL OPEN PLAY Beer and pizza served the first Thursday of the month!			
8:00 PM		VOLLEYBALL LEAGUES			VOLLEYBALL OPEN PLAY		
9:00 PM	OPEN COURT		OPEN COURT	OPEN COURT			
10:00 PM							

***Please review the court notes and health/safety rules on back**

Miramont Health and Safety Rules for the Courts

1. Profanity is not permitted
2. Court shoes and shirt required
3. Eye protection is recommended
4. Return all equipment to proper storage area
5. Only plastic, enclosed drink containers allowed on the court
6. No kicking of sports balls or other sports equipment
7. Please play in the spirit of fun and recreation
8. Any activity which interferes with the safety or enjoyment of others will be stopped immediately with one warning before dismissal from the court as determined by any staff member