

# South Court Schedule ~ Winter 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	OPEN COURT*		OPEN COURT*		OPEN COURT*		
6:00 AM	TEAM BOOT CAMP Half Court		TEAM BOOT CAMP Half Court		TEAM BOOT CAMP Half Court		
7:00 AM	TRX SUSPENSION TRAINING Half Court		TRX SUSPENSION TRAINING Half Court	OPEN COURT*	TRX SUSPENSION TRAINING Half Court	OPEN COURT*	
8:00 AM							
9:00 AM		OPEN COURT*					
10:00 AM	OPEN COURT*		OPEN COURT*	PRESCHOOL 1/2 Court	OPEN COURT*	BASKETBALL PICK-UP 16 & OLDER	OPEN COURT*
11:00 AM							
12:00 PM	TEAM FITNESS Half Court 12:15 - 1:15pm		TEAM FITNESS Half Court 12:15 - 1:15pm	OPEN COURT*	TEAM FITNESS Half Court 12:15 - 1:15pm		
1:00 PM		PRESCHOOL Tennis		PRESCHOOL Tennis		OPEN COURT*	
2:00 PM	PRESCHOOL Tennis		PRESCHOOL Tennis		PRESCHOOL Tennis		FAMILY BB HALF COURT
3:00 PM	OPEN COURT*	OPEN COURT*	OPEN COURT*	OPEN COURT*	OPEN COURT*	FAMILY BB HALF COURT	
4:00 PM	YOUTH PROGRAMS 1/2 Court	YOUTH PROGRAMS & TNT Full Court	YOUTH PROGRAMS 1/2 Court	YOUTH PROGRAMS & TNT Full Court	YOUTH PROGRAMS 1/2 Court		OPEN COURT*
5:00 PM	OPEN COURT*	OPEN COURT*	OPEN COURT*	OPEN COURT*			
6:00 PM	Tennis Conditioning	Tennis Conditioning	Tennis Conditioning	Tennis Conditioning		OPEN COURT*	
7:00 PM				OPEN COURT*			
8:00 PM	OPEN COURT*	Basketball Leagues Full Court (1/26 - 4/6)	OPEN COURT*	BASKETBALL PICK-UP 16 & OLDER Full Court	OPEN COURT*		Basketball Leagues Full Court (1/26 - 4/6)
9:00 PM							
10:00 PM							

\* OPEN COURT - Schedule subject to change, thank you for your understanding.

Please review the court health and safety rules on back

## **Miramont Health and Safety Rules for the Courts**

1. Profanity is not permitted.
2. Court shoes and shirt are 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.