

# Chesterfield Family Center Basketball Court and Rockwall Schedule

Effective September 17th, 2018

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.

### **Boot Camp**

This is an advanced exercise for those needing a change of pace. This program will utilize various intervals and stations that will progress you through a very physical workout. This is an advanced program and requires an established level of fitness. This is a fee and session based class. Registration forms available at the CFC front desk.

### **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](http://parkboard.org)

*Children must be 12 years old to enter the building without parent/guardian supervision.*

***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						XXXXXX
7:00am	XXXXXX						
8:00am	XXXXXX						W and E-Full Court Basketball
9:00am	XXXXXX	W-Total Body Blitz	W-Body Blast	W—Total Body Blitz	W-Body Blast	W—Total Body Blitz	W and E-Full Court Basketball
10:00am							W and E-Full Court Basketball
11:00am							E-Open Volleyball
Noon			W—Fitness Fusion		W—Fitness Fusion		E-Open Volleyball
1:00pm							E-Open Volleyball
2:00pm							
3:00pm							
4:00pm		Rock	Rock	Rock	Rock	Rock	Rock (4:00-7:30) Pickleball League (4:30-7:30)
5:00pm		Rock	Rock	W- Suspension Class Rock	Rock	Rock	Rock (4:00-7:30) Pickleball League (4:30-7:30)
6:00pm	XXXXXX	Rock Adult VB League	Rock	W-Suspension Class W-Youth Suspension E-Open Volleyball Rock	Rock Pickleball League	Rock	Rock (4:00-7:30) Pickleball League (4:30-7:30)
7:00pm	XXXXXX	Adult VB League		W-Youth Suspension E-Open Volleyball	Pickleball League		Rock (4:00-7:30) Pickleball League (4:30-7:30) Gym Closed 7:30
8:00pm	XXXXXX	Adult VB League		E-Open Volleyball	Pickleball League		XXXXXX
9:00pm	XXXXXX	Adult VB League		E-Open Volleyball			XXXXXX

KEY: W= West Gym E=East Gym XXXXXX=Gym Closed Rock=Rockwall No Description=Open Gym  
 Adult VB-Gym closed to League Pickleball League– Gym closed to League