



fitness



MAY 2012

gym schedule

	SUN	MON	TUES	WED	THURS	FRI	SAT
AM	7:00-11:00am BB-OPEN Full Court	5:30-6:30am BOOT CAMP \$\$ Session 1 Meets MON, WED, FRI 5:30-6:30AM	5:00-8:00am BB-Adult Full Court	5:30-6:30am BOOT CAMP \$\$ Session 1 Meets MON, WED, FRI 5:30-6:30AM	5:00-8:00am BB-Adult Full Court	5:30-6:30am BOOT CAMP \$\$ Session 1 Meets MON, WED, FRI 5:30-6:30AM	7:00-11:30am BB-Adult Full Court
		6:30-8:00am BB-Adult Full Court		6:30-8:00am BB-Adult Full Court		6:30-8:00am BB-Adult Full Court	
	11:00-3:00pm BB-Teen	8:00-11:00am BB-OPEN	8:00-11:00am BB-OPEN	8:00-11:00am BB-OPEN	8:00-11:00am BB-OPEN	8:00-11:00am BB-OPEN	
	9:30-11am 1/2 Toddler Time		9:30-11am 1/2 Toddler Time		9:30-11am 1/2 Toddler Time		
	11:00-12:00pm 1/2 Kindergarten 1/2 BB-OPEN	11:00-12:00pm 1/2 Kindergarten 1/2 BB-OPEN	11:00-12:00pm 1/2 Kindergarten 1/2 BB-OPEN	11:00-12:00pm 1/2 Kindergarten 1/2 BB-OPEN	11:00-12:00pm 1/2 Kindergarten 1/2 BB-OPEN	11:00-12:00pm 1/2 Kindergarten 1/2 BB-OPEN	11:30-1:30pm BB-OPEN
	3:00-5:00pm 1/2 Volleyball 1/2 BB-OPEN	12:00-2:30pm 1/2 BB-OPEN 1/2 Kindergarten	12:00-2:30pm 1/2 BB-OPEN 1/2 Kindergarten	12:00-2:30pm 1/2 BB-OPEN 1/2 Kindergarten	12:00-2:30pm 1/2 BB-OPEN 1/2 Kindergarten	12:00-2:30pm 1/2 BB-OPEN 1/2 Kindergarten	1:30-3:00pm BB-OPEN
		2:30-3:30pm ASAP	2:30-3:30pm ASAP	2:30-3:30pm ASAP	2:30-3:30pm ASAP	2:30-3:30pm ASAP	
PM	5:00-7:00 BB-OPEN	3:30-6:00pm 1/2 ASAP 1/2 BB-OPEN	3:30-6:00pm 1/2 ASAP 1/2 BB-OPEN	3:30-6:00pm 1/2 ASAP 1/2 BB-OPEN	3:30-6:00pm 1/2 ASAP 1/2 BB-OPEN	3:30-6:00pm 1/2 ASAP 1/2 BB-OPEN	3:00-5:00pm 1/2 Volleyball 1/2 BB-OPEN
	7:00-8:00pm BB-OPEN	6:00-7:00pm BB-Teen Full Court	6:00-7:00pm BB - Teen Full Court	6:00-7:00pm BB-Teen Full Court	6:00-7:00pm BB - Teen Full Court		5:00-7:00pm BB-OPEN
	Gymnasium Hours: MON - FRI 5:00am - 10:00pm SAT / SUN 7:00am - 8:00pm	7:00-8:00pm BOOT CAMP \$\$ Session 2 Meets MON-THUR 7pm-8pm	7:00-8:00pm BOOT CAMP \$\$ Session 2 Meets MON-THUR 7pm-8pm	7:00-8:00pm BOOT CAMP \$\$ Session 2 Meets MON-THUR 7pm-8pm	7:00-8:00pm BOOT CAMP \$\$ Session 2 Meets MON-THUR 7pm-8pm	7:00-8:00pm BOOT CAMP \$\$ Session 2 Meets MON-THUR 7pm-8pm	6:00-8:00pm 1/2 Volleyball 1/2 BB-OPEN
	8:00-10:00pm BB-Adult Full Court	8:00-10:00pm Adult Futsal Full Court	8:00-10:00pm 1/2 Volleyball 1/2 BB Open	8:00-10:00pm BB- Adult Full Court	8:00-10:00pm BB- Adult Full Court	8:00-10:00pm BB-OPEN	



Gymnasium Policies & Usage

Basketball, soccer (futsal), and volleyball are available for the enjoyment of all members and their guests. A schedule of gym activities and open play time is available at the Front Desk or on our website.

Usage Rules

- Courts are available to members on a first-come, first-serve basis and cannot be reserved unless it is for an approved Pavilion program or event. Teams are not permitted to practice at the facility.
- No one under the age of 12 is allowed in the area alone unless accompanied by an adult (16 years and older). Members are not permitted to “drop off” their children/grandchildren without specific supervision from an adult.
- Only shoes that have non-scuffing soles are permitted on the basketball courts.
- Bikes, rollerblades, skateboards and equipment with wheels are not permitted.
- Hanging on the basketball hoops or volleyball nets, dunking, drawing on the courts, and any potentially destructive behavior is prohibited.
- Profanity, fighting or disruptive behavior will not be tolerated and is prohibited.
- Food and gum are not permitted on the courts. Drinks must be in a non-breakable spill-proof container.
- Members are responsible for bringing their own equipment. Some equipment may be available on a first-come, first-serve basis.
- All sports instructors and coaches must be approved, certified and employed by AVSP.

ADULT FUSTAL
ASAP
BB-ADULT FULL COURT
BB-OPEN
1/2 BB-OPEN
BB-TEEN FULL COURT

Adult Indoor Soccer 16+ years
After School Activities Program
Basketball for players 18+ years
Basketball
Basketball on 1/2 Court (Curtain Down); No Full Court Play
Basketball for players 12 - 17 years

BOOT CAMP
BWST
BASKETBALL FUNDAMENTALS
TODDLER TIME
VOLLEYBALL

Fee Based Program. Sign Up at Front Desk
Blue Wave Swim Team
Fee Based Program. Sign Up at Front Desk
Unstructured playtime for Toddlers & Guardian
Open Play