








Court Schedule



Effective March 2012

MON	TUE	WED	THU	FRI	SAT	SUN
5:00am-9:45am OPEN PLAY	5:00am-5:15pm OPEN PLAY	5:00am-10:45am OPEN PLAY	5:00am-5:15pm OPEN PLAY	5:00am-9:45am OPEN PLAY		
					7:00am-9:00am OPEN PLAY	7:00am-1:00pm OPEN PLAY
					9:00-10:00am kidZONE	
10:30-11:30am Silver Sneakers Cardio Circuit 		10:30-11:30am Silver Sneakers Cardio Circuit 		10:30-11:30am Silver Sneakers Cardio Circuit 	10:30-11:30am Line Dancing	
11:30-12:30pm Silver Sneakers MS-ROM 		11:30-12:30pm Silver Sneakers MS-ROM 		11:30-12:30pm Silver Sneakers MS-ROM 	11:30-1:00pm Adult Pick Up Basketball	
1:30-2:30pm Silver Sneakers Cardio Circuit 		1:30-2:30pm Silver Sneakers Cardio Circuit 				
2:30-4:15pm OPEN PLAY		2:30-4:15pm OPEN PLAY		12:15-5:00pm OPEN PLAY	1:00-4:00pm Family Gym	1:00-4:00pm Family Gym
4:30-5:30pm Line Dancing		4:30-5:30pm Line Dancing			4:00-7:00pm OPEN PLAY	4:00-7:00pm OPEN PLAY
5:30-8:00pm Adult Pick Up Basketball	5:30-6:00pm kidZONE Mini Mind-Body	5:30-8:00pm Adult Pick Up Basketball		5:00-6:45pm Family Gym		
	6:00-7:00pm OPEN PLAY	8:00-10:00pm OPEN PLAY				
8:00-10:00 OPEN PLAY	7:00-10:00pm Reserved Capital Squares		7:45-9:15pm Reserved Aikido	7:00-9:00pm Reserved Kendo 7:00-9:00pm Half Court OPEN PLAY		
			9:15-10:00pm OPEN PLAY	9:00-10:00pm OPEN PLAY		

8300 Health Park, Raleigh, NC • 919.847.2393

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm

Youth Activity Center Hours: Monday-Saturday 8:15am-1:00pm / Monday-Thursday 4:30-8:00pm /
Sunday 1:00-5:00pm