

# CMRC GYM SCHEDULE

MONDAY, JULY 22ND - SUNDAY, JULY 28TH

## MONDAY

**COURT 1**  
**5AM - 7:30AM**  
 Open Play Basketball  
**7:30AM - 5:30PM**  
 PARD Program  
**5:30PM - 10PM**  
 Open Play Basketball

**COURT 2**  
**5:30AM - 7:30AM**  
 Open Play Pickleball  
**7:30AM - 7:30PM**  
 PARD Programs  
**7:30PM - 10PM**  
 Open Play Basketball

## TUESDAY

**COURT 1**  
**5AM - 7:30AM**  
 Open Play Basketball  
**7:30AM - 5:30PM**  
 PARD Program  
**5:30PM - 7PM**  
 Open Play Basketball  
**7PM - 9:45PM**  
 Open Play Volleyball

**COURT 2**  
**5:30AM - 7:30AM**  
 Open Play Badminton  
**7:30AM - 5:30PM**  
 PARD Programs  
**5:30PM - 7PM**  
 Open Play Basketball  
**7PM - 9:45PM**  
 Open Play Volleyball

## WEDNESDAY

**COURT 1**  
**5AM - 7:30AM**  
 Open Play Basketball  
**7:30AM - 5:30PM**  
 PARD Program  
**5:30PM - 10PM**  
 Open Play Basketball

**COURT 2**  
**5:30AM - 7:30AM**  
 Open Play Pickleball  
**7:30AM - 10PM**  
 PARD Programs

## THURSDAY

**COURT 1**  
**5AM - 7:30AM**  
 Open Play Basketball  
**7:30AM - 5:30PM**  
 PARD Program  
**5:30PM - 7PM**  
 Open Play Basketball  
**7PM - 9:45PM**  
 Open Play Volleyball

**COURT 2**  
**5:30AM - 7:30AM**  
 Open Play Badminton  
**7:30AM - 7PM**  
 PARD Programs  
**7PM - 9:45PM**  
 Open Play Volleyball

## FRIDAY

**COURT 1**  
**5AM - 9PM**  
 Open Play Basketball

**COURT 2**  
**5AM - 6AM**  
 Open Play Basketball  
**6AM - 2PM**  
 Open Play Pickleball  
**2PM - 6PM**  
 Open Play Basketball  
**6PM - 9PM**  
 PARD Program

## SATURDAY

**COURT 1**  
**7AM - 3PM**  
 Open Play Basketball  
 Family & Youth  
**3PM - 7PM**  
 Open Play Basketball

**COURT 2**  
**7AM - 7PM**  
 Open Play Basketball

## SUNDAY

**COURT 1**  
**10AM - 2PM**  
 Open Play Basketball  
 Family & Youth  
**2PM - 6PM**  
 Open Play Basketball

**COURT 2**  
**10AM - 12PM**  
 PARD Program  
**12PM - 2PM**  
 Open Play Basketball  
**2PM - 6PM**  
 Open Play Pickleball



PARD programming has priority of courts at anytime, with or without notice.  
 CMRC accommodates PARD programming camps during Fall, Winter, Spring, and Summer Breaks.  
 Open Play Hours may change during these weeks.

# CMRC GYM SCHEDULE

## Drop - In Descriptions

**Open Play** - consists of basketball full court or cross court play determined and regulated by CMRC Front Desk Team.

**Cross Court Play** - courts will be split and can be determined by CMRC Front Desk Team anytime.

All other open play Pickleball, Volleyball, Badminton will be specified on the schedule.

## Open Play Rules

Private coaching/training in the CMRC Gym is prohibited.

Organized practices are prohibited unless they are approved and scheduled PARD programs.

Members may bring their own basketballs and volleyballs, but additional equipment is prohibited.

Protesting decisions in an unprofessional manner may result in suspension or termination of membership.

