

# Sentara RMH Wellness Center Arena Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30	5:15 ADULT PICKUP BASKETBALL	*5:15 5:30 Metabolic	5:15 ADULT PICKUP BASKETBALL	*5:15 5:30 Metabolic	5:15 ADULT PICKUP BASKETBALL			5:30
6 am								
6:30		Reserved Court		Reserved Court				6:30
7 am								7 am
7:30								7:30
8 am	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT		8 am
8:30								8:30
9 am								9 am
9:30								9:30
10 am	Reserved Court	Reserved Court	Reserved Court	Reserved Court	Reserved Court	Reserved Court		10 am
10:30								
11 am							OPEN COURT	11 am
11:30								11:30
12 pm	11:30 ADULT PICKUP BASKETBALL	*11:45 12:00 Metabolic	11:30 ADULT PICKUP BASKETBALL	*11:45 12:00 Metabolic	11:30 ADULT PICKUP BASKETBALL			12 pm
12:30		OPEN COURT						
1 pm				OPEN COURT				1 pm
1:30	Reserved Court	Reserved Court	Reserved Court	Reserved Court	Reserved Court		Reserved Court	1:30
2 pm								2 pm
2:30								2:30
3 pm	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT		OPEN COURT	3 pm
3:30								3:30
4 pm	4:00 Family Basketball	4:00 Family Basketball	4:00 Family Basketball	4:00 Family Basketball				4 pm
4:30								
5 pm								5 pm
5:30		*5:15 5:30 Metabolic		*5:15 5:30 Metabolic	Reserved Court			5:30
6 pm	Reserved Court	Reserved Court	Reserved Court	Reserved Court		OPEN COURT		6 pm
6:30	OPEN COURT							6:30
7 pm								7 pm
7:30	7:00 ADULT PICKUP BASKETBALL	7:30 Reserved for PLAYMAKERS MINICAMP (3/5 - 12/18)	7:30 Reserved for PLAYMAKERS MINICAMP (3/5 - 12/18)	7:00 ADULT PICKUP BASKETBALL	OPEN COURT			7:30
8 pm								
8:30								8:30
9 pm								9 pm
9:30	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	9:30

### Family Basketball

This is a great time for children to play and practice shooting hoops. Children under the age of 12 must be under the supervision of a parent. Youth 12 and over may play while the parent remains in the facility. If you need the court split, please ask a team member to lower the curtain.

### Adult Pick Up Guidelines

Adult Pick-up is available to those age 16 and up.

### Open Court

Open Court is a time for shooting hoops or playing games. The arena is available on a first come first serve basis, but the court should be used as a shared space if others are waiting to play. This open court time allows members to practice their skills and meet fellow club members.

\*15 minute set up time required before class.