

Gymnasium Schedule Effective Jan 4th - Mar 7th							
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am		Open Gym 5-5:30am		Open Gym 5-5:30am			
5:30 am		Bootcamp (\$) 5:30- 6:30 am	Open Gym	Bootcamp (\$) 5:30- 6:30am	Open Gym	Open Gym	
6:00 am		3.30 0.30 0.11	5-9am	3.30 0.30411	5-9am	5 -9am	
6:30 am		Flex Open		Flex Open Gym			
7:00 am	Open Gym	Gym		6:30-8:45am			Open Gym
8:00 am	7-9 am	6:30-8:45 am					7-9am
9:00 am	Recreational Pickleball	Ski Cond. (\$) 9-10am FULL GYM	Run Strong (\$) 9-10am	Ski Cond. (\$) 9-10am FULL GYM	Run Strong (\$) 9-10am	Competitive Pickleball 9-11am (FULL GYM)	Run Strong (\$) 9-10am
10:00 am		Open Gym	Open Gym	Open Gym	Competitive		
10:30 am	9am-12pm (FULL GYM)	10-11am	10-11am	10-11am	Pickleball 10-11:30am	18 slots	Flex Open
11:00 am	24 slots	Preschool 11-11:45am	Preschool 11-11:45am	Preschool 11-11:45am	(FULL GYM) 18 slots	Preschool 11:15- 11:45am	Gym 10am-12pm
11:30 am					Recreational	11.45a111	
12:00 pm	Open Gym 12-8pm	Bootcamp (\$) 12- 1pm	Recreational Pickleball 12-2pm (FULL GYM) 24 slots	Bootcamp (\$) 12-1pm	Pickleball 11:30-1pm (FULL GYM) 24 slots	Open Gym 12-6pm	Open Gym 12-8pm
1:00 pm		Recreational Pickleball		Competitive Pickleball	Open Gym		
1:30 pm		1:15-3:30pm (FULL GYM)		1:15-3pm (FULL GYM) 18 slots			
2:00 pm		24 slots			12-6pm		
3:00 pm 3:30 pm			Open Gym	Supervised Open Gym	·		
4:00 pm		Open Gym 3:30-6:15pm	2-5:30pm	3-5pm			
5:00 pm				Open Gym			
5:30pm			Bootcamp (\$)	5-6:15pm			
6:00 pm		SGT (\$) 6:15-7:15pm	5:30-6:30pm	SGT (\$) 6:15-7:15pm	Volleyball	Tween Night (\$)	
6:30pm			Pickleball				
7:00 pm			League (\$)		League (\$)	6-9pm (see desk for	
8:00 pm		Open Gym	6:30-9pm (FULL GYM)	Open Gym	6:00-10pm	dates)	
9:00 pm 9:30 pm		7:15-10pm	Open Gym 9-10pm	7:15-10pm	FULL GYM	Open Gym 9-10pm	

^{*} ALL ACTIVITIES ARE HALF GYM UNLESS SPECIFIED.

SCHEDULE DEFINITIONS: PLANNED SCHEDULE CHANGES AND CLOSURES: Flex Open Gym: A flexible time for open play in the gym. This time allows for all **Red Cross Blood Drive:** activities on a first-come-first-serve basis, including Pickleball. Pickleball is limited to half January 15th the entire court only and must allow others to play. gymnasium will be closed from 10am - 6pm. Pickleball players need to SET UP and TAKE DOWN ALL EQUIPMENT. **Volleyball League** Open Gym: A time for open play in the gym. To allow maximum use by everyone, NO PICKLEBALL. Starts January 8th. Open Pickleball: Full gymnasium. No other activities during this time. All Levels welcome so give it a try! Competitive pickleball: 18 slots available 30 minutes prior to start time. This session is reserved for players with an intermediate (3.5) skill level or higher, based on USA Pickleball standards. Beginners will not be permitted to participate to maintain an elevated level of gameplay. Skill level assessments will be provided as needed; details will be posted when available. Recreational Pickleball: 18 slots available 30 minutes prior to start time. Players should rank as intermediate or lower per USA Pickleball standards. Advanced players may fill in if slots are available after the session begins but must adjust their play to accommodate other skill levels.

Pickleball League: a blind mixed doubles league where individuals sign up solo (2.5+ skill level), get drafted onto balanced teams, and play men's, women's, and mixed doubles matches. See our webpage for details https://whitefishwave.com/pickleball-

Supervised Open Gym: a designated session for children 9-13 years of age to be in the gymnasium and activity pool while being supervised by a Wave employee. Parents must check children in and out each session. No fee for members.

Tween Night (\$): a fun, engaging after-hours program designed to provide children ages 9-13 with swimming, gym time, games, and other activities in a safe and welcoming environment. Pizza and drinks provided.

(\$) – INDICATES ADDITIONAL FEES APPLY.

league/

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