

# Fort Collins Club | Gymnasium Schedule

Monday		
Class	Time	Instructor
1/2 Court Reserved	5:15 - 6:05am	
FCC Basic Training	8:15 - 9:15am	Heather
FCC Basic Training	9:15 - 10:15am	Heather
Full Court Basketball Challenge	10:30am - 1:30pm	
1/2 Court Reserved PSD 360 class	4:30 - 5:25pm	
Tuesday		
Class	Time	Instructor
FCC Basic Training	6 - 7am	Eric / Abbie
FCC Box Fit	9 - 10am	Michelle
Pickleball Beginners & Drills	12:00 - 1:30pm	
Pickleball Games	1:30 - 3:30pm	
1/2 Court Reserved PSD 360 class	4:30 - 5:25pm	
Open Ping Pong Table North end of Gym	5:30 - 7pm	
Wednesday		
Class	Time	Instructor
1/2 Court Reserved PSD 360 class	5:15 - 6:05am	
FCC Basic Training	8:15 - 9:15am	Heather
FCC Basic Training	9:15 - 10:15am	Heather
Full Court Basketball Challenge	12:30 - 1:30pm	
1/2 Court Reserved PSD 360 class	4:30 - 5:25pm	
FCC Basic Training	5:30 - 6:30pm	Jenn
Full Court Volleyball	7-8pm	

Thursday		
Class	Time	Instructor
FCC Basic Training	6 - 7am	Eric / Abbie
FCC Box Fit	9 - 10am	Michelle
Pickleball Beginners & Drills	12:00 - 1:30pm	
Pickleball Games	1:30 - 3:30pm	
1/2 Court Reserved PSD 360 class	4:30 - 5:25pm	
Basketball League	5:30 - 9:30pm	
Friday		
Class	Time	Instructor
FCC Basic Training	8:15 - 9:15am	Heather / Jenn
FCC Basic Training	9:15 - 10:15am	Heather / Jenn
Full Court Basketball Challenge	10:30am - 1:30pm	
Saturday		
Class	Time	Instructor
FCC Basic Training	7:30 - 8:30am	Jennifer
FCC Basic Training	8:30 - 9:30am	Scott
Sunday		
Class	Time	Instructor
Badminton	8 - 9am	
Full Court Basketball Challenge	9 - 12pm	
Pickleball Beginners and Drills	12:00 - 1:30pm	
Pickleball Games	1:30 - 3:30pm	

**Please note**

**Full Court Basketball Challenge**

**Monday, Wednesday, Friday** | Open to ages 18 & up

**Sunday** | Open to ages 16 & up



## Fort Collins Club | **Gymnasium**

### **Basketball Leagues**

During fall and winter, leagues form for Tuesday and Thursday evening teams.

Pick your own team or we can assist placing in you on a team.

**Fall leagues** begin mid-September

**Winter leagues** begin mid-January

### **Full - Court Challenge | 10:30 am - 1:30 pm | Monday, Wednesday, Friday**

- Full-court basketball games only
- Must be 18 years or older to participate
- Must be 14 years or older to participate during all other times
- Challenge rules and sign-up board are in the gym
- Full-Court Challenge is scheduled when leagues are not in play

### **Pickleball**

Pickleball is a court sport that's fun for all ages and skill levels and is one of the fastest-growing sports in the country. It combines aspects of tennis, badminton, and ping pong into a game that is very popular among members of all ages at Fort Collins Club.

If you would like to learn, come at to the FCC gym Tuesday, Thursdays, and Sundays at 12:30. We will introduce you to the game, to our regular players, and before you know it, it will be your new favorite sport! Beginners and Low Intermediate players are welcome between 12:30 and 1:30. Intermediate and Advanced players have the courts from 1:30 to 3:30.

### **Summary of the Game**

The game is played on a badminton-sized court: 22' x 44'. The ball is served diagonally and points can only be scored by the side that serves. A 7' no volley zone on each side of the net, otherwise known as the "kitchen", brings an added challenge to the game. The first side scoring 11 points and leading by at least two points wins!

### **Open Gym**

Open Gym refers to half-court basketball games and basketball shooting.

**No full-court games are allowed.**

Children under 12 years must be directly supervised by an adult 18 years or older.

### **FCC Basic Training**

This class transforms workouts into sport through constantly varied, high-intensity, functional movements. Basic Training meets in the gymnasium.

### **FCC Box Fit**

Strength conditioning and occasional mit work and conditioning in a circuit training format. Box Fit meets in the gymnasium.

### **Pick-Up Ping Pong**

Tuesday | 5:30 - 7:00 pm | Open table night when leagues are not in session. All skill levels welcome.

### **Badminton Open Play**

**Set-up policy** | Half court badminton may be set up during open gym if fewer than six people are playing basketball. The club can provide racquets and birdies upon request.

