



Dulles South February Drop-In Gym Schedule



Age may be verified with valid ID for scheduled programs

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY								
SCORE SIDE	SCREEN SIDE	SCORE SIDE	SCREEN SIDE	SCORE SIDE	SCREEN SIDE	SCORE SIDE	SCREEN SIDE	SCORE SIDE	SCREEN SIDE	SCORE SIDE	SCREEN SIDE	SCORE SIDE	SCREEN SIDE							
REC Programs OR OPEN GYM	REC Programs OR OPEN GYM	REC Programs Fee Program 1pm-2pm Ends 2/24 3pm-4pm Ends 2/24	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM Fee Program 3pm-4pm Ends 2/11	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM Family Play Parents with kids under 12. 4pm-5pm	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM Family Play Parents with kids under 12. 4pm-5pm	REC Programs OR OPEN GYM Family Play Parents with kids under 12. 4pm-5pm	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM							
Badminton Ages 16+ 12m-3pm		Volleyball Ages 10-17 5pm-7pm	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM		REC Programs OR OPEN GYM		Badminton Ages 16+ 7pm-9pm		Fee Program 7:00pm-8:30pm Ends 2/25				Basketball Ages 21+ 7pm-9pm	Basketball Ages 18+ 7pm-9pm	Badminton Ages 16+ 5pm-7pm	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM	REC Programs OR OPEN GYM
REC Programs OR OPEN GYM																				
Pickleball Ages 21+ 6pm-8pm		Volleyball Ages 16+ 5pm-8pm	Basketball Ages 18+ 7pm-9pm	Basketball Ages 18+ 7pm-9pm		Basketball Ages 18+ 7pm-9pm		Basketball Ages 18+ 7pm-9pm		Basketball Ages 18+ 7pm-9pm				Basketball Ages 18+ 7pm-9pm	Basketball Ages 18+ 7pm-9pm	Basketball Ages 18+ 7pm-9pm	Basketball Ages 18+ 7pm-9pm	Basketball Ages 18+ 7pm-9pm	Basketball Ages 18+ 7pm-9pm	Basketball Ages 18+ 7pm-9pm

Basketball
Ages 18+
8am-9am Full Court
9am-10am
Score Side
Fee Program 9am-11am
Ends 2/29

REC Programs OR OPEN GYM
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Referees NOT provided.
 DSRCC staff reserves the right to stop full court games at any time.
 No organized team practices.
Full gym activities will move to half gym if there are not enough participants to use entire gym.
11 and under must be supervised by an adult.
 Outside of the above scheduled activities, gym use is first come first served for open gym.
 Schedule is subject to change at any time.

Effective , February 1st

Fee Based Program: Prepaid programs offered at DSRCC
Age may be verified with valid ID for scheduled programs ****Please note up to 15 minutes may be required for setting up and breaking down equipment for scheduled programs****

Master's Basketball (21+) Session is for adults 21+. Wednesday nights will be full court. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members.

Basketball (18+) Session is for adults 18+. Thursday nights will be full court. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members.

Volleyball (10-17) Session is for players of all skill levels. 2 nets will be set up at approximately 7'11" on the basketball court. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members.

Volleyball (16+) Session is for players of all skill levels. 2 Nets will be set up at a height of approximately 7'11" on the basketball court. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members. Court must be vacated promptly at 8pm. Players must abide by facility rules and respect DSRCC staff members.

Volleyball (18+) Session is for players of all skill levels. 2 Nets will be set up at a height of approximately 7'11" on the basketball court. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members. Players must abide by facility rules and respect DSRCC staff members.

Badminton(16+) Session is for players of all skill levels. Only half court games. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members.

Pickleball (21+) Players of all skill levels welcome. Instructor Greg Najjar will help participants interested in learning basic skills. Those with pickleball experience are welcome to play games on additional courts. 3 courts will be open, limited number of paddles and balls provided. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members.

Family Play (Parents with kids under the age of 12) Gym is open for general use to families with younger children. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members.

Open Gym During open gym, patrons are welcome to use the gym for the sport of their choosing under the following stipulations: open gym is first come first served, only half the gym is available for setting up equipment to use, no open gym set ups will be permitted if another program has half or all of the gym reserved. All participants must pay the drop in fee or have membership. Players must abide by facility rules and respect DSRCC staff members.

Anyone that does not meet the age requirement for a Drop-in program must remain off the court and not participate in any physical activities.

Any aggressive or confrontational behavior will not be tolerated and may result in removal from the facility.

DSRCC staff reserves the right to cancel programs due to inappropriate behavior, unsportsmanlike conduct etc. All participants are expected to follow center rules, and inclusion for everyone is a must. All above sessions are open to anyone who meets age requirements. Participants MAY NOT exclude another player based on skill—please seek out a DSRCC Manager On Duty if you believe a player has not met the above listed requirements.