

# NORTHRIDGE GYM SCHEDULE - September 2022

9.23.22

**Drop In:** Reserved for sport specific recreational play designed for individual participation and enjoyment. Individuals organize themselves into teams and compete against each other in a courteous, fun, sportsmanship like manner.

**Open Gym:** Reserved for unorganized play. Individuals may shoot baskets, shoot at a soccer net, play, etc. by themselves, with family members, or with a limited number of friends.  
**(No team practice)**

Sunday		September 4		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday							
		West	East	West	East	West	East	West	East	West	East	West	East	West	East						
7:00a - 9:00a		Drop-In Pickleball		5:00a-8:00a	Open Gym	Open Basketball	5:00a-8:00a	Open Gym	Open Basketball	5:00a-5:30a	Open Gym	Open Basketball	5:00a-8:00a	Open Gym	Open Basketball	7:00a - 9:00a	Drop-In Basketball 18+				
9:00a - 6:00p		Open Gym	Open Basketball	8:00a-12:00p	Drop-In Pickleball 18+		8:00a-12:00p	Drop-In Pickleball 18+		5:30a-6:30a	Cardio Muscle		8:00a-12:00p	Drop-In Pickleball 18+		9:00a - 6:00p	Open Gym	Open Basketball			
				12:00p-1:30p	Drop-In Basketball 18+		12:00p-1:30p	Drop-In Basketball 18+		6:30a-8:00a	Open Gym	Open Basketball	8:00a-12:00p	Drop-In Pickleball 18+							
				1:30p-5:00p	Open Basketball		1:30p-9:00p	Open Basketball		8:00a-12:00p	Drop-In Pickleball 18+		12:00p-1:30p	Drop-In Basketball 18+					12:00p-1:30p	Drop-In Basketball 18+	
				5:00p	Closed for Labor Day					1:30p-4:00p	Open Basketball		1:30p-9:00p	Open Basketball					1:30p-9:00p	Open Basketball	
7:00a - 9:00a		Drop-In Pickleball		5:00a-8:00a	Open Gym	Open Basketball	5:00a-8:00a	Open Gym	Open Basketball	5:00a-5:30a	Open Gym	Open Basketball	5:00a-8:00a	Open Gym	Open Basketball	7:00a - 9:00a	Drop-In Basketball 18+				
9:00a - 6:00p		Open Gym	Open Basketball	8:00a-12:00p	Drop-In Pickleball 18+		8:00a-12:00p	Drop-In Pickleball 18+		5:30a-6:30a	Cardio Muscle		8:00a-12:00p	Drop-In Pickleball 18+		9:00a - 12:00p	Open Gym	Open Basketball			
				12:00p-1:30p	Drop-In Basketball 18+		12:00p-1:30p	Drop-In Basketball 18+		6:30a-8:00a	Open Gym	Open Basketball	8:00a-12:00p	Drop-In Pickleball 18+							
				1:30p-9:00p	Open Basketball		1:30p-9:00p	Open Basketball		8:00a-12:00p	Drop-In Pickleball 18+		12:00p-1:30p	Drop-In Basketball 18+					12:00p-1:30p	Drop-In Basketball 18+	
										1:30p-4:00p	Open Basketball		1:30p-9:00p	Open Basketball					1:30p-9:00p	Open Basketball	
7:00a - 9:00a		Drop-In Pickleball		5:00a-8:00a	Open Gym	Open Basketball	5:00a-8:00a	Open Gym	Open Basketball	5:00a-5:30a	Open Gym	Open Basketball	5:00a-8:00a	Open Gym	Open Basketball	7:00a - 9:00a	Drop-In Basketball 18+				
9:00a - 6:00p		Open Gym	Open Basketball	8:00a-12:00p	Drop-In Pickleball 18+		8:00a-12:00p	Drop-In Pickleball 18+		5:30a-6:30a	Cardio Muscle		8:00a-12:00p	Drop-In Pickleball 18+		9:00a - 6:00p	Open Gym	Open Basketball			
				12:00p-1:30p	Drop-In Basketball 18+		12:00p-1:30p	Drop-In Basketball 18+		6:30a-8:00a	Open Gym	Open Basketball	8:00a-12:00p	Drop-In Pickleball 18+							
				1:30p-5:45p	Open Basketball		1:30p-9:00p	Open Basketball		8:00a-12:00p	Drop-In Pickleball 18+		12:00p-1:30p	Drop-In Basketball 18+					12:00p-1:30p	Drop-In Basketball 18+	
				5:45-9:00	Fall Womens League					1:30p-4:00p	Open Basketball		1:30p-9:00p	Open Basketball					1:30p-9:00p	Open Basketball	
7:00a - 9:00a		Drop-In Pickleball		5:00a-8:00a	Open Gym	Open Basketball	5:00a-8:00a	Open Gym	Open Basketball	5:00a-5:30a	Open Gym	Open Basketball	5:00a-8:00a	Open Gym	Open Basketball	Closed on September 5th at 5pm for Labor Day					
4:00p - 6:00p		35+ Basketball League (Eastridge)		8:00a-12:00p	Drop-In Pickleball 18+		8:00a-12:00p	Drop-In Pickleball 18+		5:30a-6:30a	Cardio Muscle		8:00a-12:00p	Drop-In Pickleball 18+		9:00a - 6:00p	Open Gym	Open Basketball			
				12:00p-1:30p	Drop-In Basketball 18+		12:00p-1:30p	Drop-In Basketball 18+		6:30a-8:00a	Open Gym	Open Basketball	8:00a-12:00p	Drop-In Pickleball 18+							
				1:30p-5:45p	Open Basketball		1:30p-9:00p	Open Basketball		8:00a-12:00p	Drop-In Pickleball 18+		12:00p-1:30p	Drop-In Basketball 18+					12:00p-1:30p	Drop-In Basketball 18+	
				5:45-9:00	Fall Womens League					1:30p-4:00p	Open Basketball		1:30p-9:00p	Open Basketball					1:30p-9:00p	Open Basketball	

All schedules are subject to change.  
Please visit the website at [www.hrcaonline.org](http://www.hrcaonline.org) for the most up to date schedule