

Launch Pad & Multi-Sports Court Schedule Effective September 29, 2023

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday & Sunday			
	Launch Pad	Court 1	Court 2	Arena Weight Room	Launch Pad	Court 1	Court 2	Arena Weight Room	Launch Pad	Court 1	Court 2	Arena Weight Room	Launch Pad	Court 1	Court 2	Arena Weight Room	Launch Pad	Court 1	Court 2	Arena Weight Room	Launch Pad	Court 1	Court 2	Arena Weight Room
7:00	Before Care		Before Care		Before Care		Before Care		Before/ Care		Before Care		Before Care		Before Care		Before Care		Before Care					
7:30	7-8am		7-8am		7-8am		7-8am		7-8am		7-8am		7-8am		7-8am		7-8am		7-8am					
8:00	Open Jump 8am-12:45pm	Open Court 7am-12:45pm	Open Court 8am-11:30am	Open Lift 7am-12:45pm	Open Jump 8am-5:30pm	Open Court 8-11:30am	Open Lift 7am-12:45pm	Open Court 8-11:30am	Open Jump 8am-12:45pm	Open Court 7am-9:30am	Open Court 8am-9:30am	Open Lift 7am-12:45pm	Open Jump 8am-12:45pm	Open Court 8-11:30am	Open Lift 7am-12:45pm	Open Court 8-11:30am	Open Jump 8am-12:45pm	Open Court 7am-9:15am	Open Court 8am-9:15am	Open Lift 7am-12:45pm	Open Jump 7am-3pm	Open Courts 7am-3pm	Open Lift 7am-6pm	
8:30																								
9:00																								
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1:00	Sports Performance Training 12:45pm-2:30pm (All Racks)								Sports Performance Training 12:45pm-2:30pm (All Racks)								Sports Performance Training 12:45pm-2:30pm (All Racks)							
1:30																								
2:00																								
2:30																								
3:00	Open Jump 2:30pm-5:30pm	Open Court 2:30pm-4:30pm	Open Court 2:30pm-5:30pm	Open Lift 2:30pm-4pm		Open Court 12:45pm-5:30pm			Open Jump 2:30pm-5:30pm	Open Court 2:30pm-4:30pm	Open Court 2:30pm-5:30pm	Open Lift 2:30pm-4pm		Open Jump 2:30pm-5:30pm	Open Court 2:30pm-4:30pm	Open Court 2:30pm-5:30pm	Open Lift 2:30pm-4pm		Open Jump 2:30pm-5:30pm	Open Court 2:30pm-4pm	Open Court 2:30pm-6pm	Open Lift 2:30pm-8:30pm		
3:30																								
4:00																								
4:30																								
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6:00	Arena Kids 5:30-7:30pm		Arena Kids 5:30-7:30pm	Open Lift 5pm-8:30pm	Arena Kids 5:30-7:30pm		Open Lift 5pm-8:30pm		Arena Kids 5:30-7:30pm		Arena Kids 5:30-7:30pm	Open Lift 5pm-8:30pm		Arena Kids 5:30-7:30pm		Arena Kids 5:30-7:30pm	Open Lift 5pm-8:30pm							
6:30																								
7:00																								
7:30	Open Jump 7:30-8:30pm	Open Court 6pm-8:30pm	Open Court 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Court 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 6:00-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm	Open Jump 7:30-8:30pm
8:00																								
8:30																								

*Schedule updated as of September 6, 2023 and is subject to change.



- **Sport Court:** The sport court is open to members during times that are not otherwise marked on this schedule, however we encourage you to contact the front desk to confirm availability. Please note: Courts will not be open during the scheduled times on days when Harford County Schools are closed, as they are reserved for Day Camp programming.
- **Trampoline:** In order to enjoy the Launch Pad, all participants will need to sign a waiver and must wear Arena Club trampoline socks. Wearing a swimsuit is not permitted on the trampoline. Full casual or athletic attire is required with trampoline socks to enter the trampoline. Socks can be purchased from the pro shop for \$2.65. Due to liability reasons, we are not able to permit socks from other trampoline parks. The Trampoline may only be used during scheduled times only. Any child under 15 must be accompanied by an adult. Please note: Trampoline will not be open during the scheduled times on days when Harford County Schools are closed, as it will be reserved for Day Camp programming.

RESPONSIBILITY CODE

Master the **fundamentals** of single trampoline jumping before moving on to more **advanced** maneuvers such as trampoline-to-trampoline jumping, wall trampoline jumping, and **aerial type skills**, which increase the risk of **injury**.

FUNDAMENTALS

- Jump in control.
- Bend your knees to stop your bounce.
- Bounce in the center of the trampoline pad.

- Jump and land on two feet.

- Do not attempt anything out of your personal limitations.

- DO NOT Jump if you have health limitations or injuries, are under the influence of alcohol or drugs, or are pregnant.

- Be aware of those around you. It is **YOUR RESPONSIBILITY** to avoid others.

TRAMPOLINE RULES

- Jumper maximum weight is 250lbs.
- 250lbs. weight limit per trampoline pad
- Jumpers must be walking age and potty trained.
- NO gum, candy, food, or drinks allowed!

BEFORE YOU JUMP

- Sign Waiver.
- Put on Arena Club Trampoline Socks (no shoes or bare feet allowed).
- Empty your pockets before jumping (no sharp objects or unauthorized devices such as cameras, phones, etc. allowed on the court.
- Remove large jewelry and any loose articles.

WHILE YOU JUMP

- DO NOT land on head or neck.
- DO NOT affect another jumper's bounce in any way.
- DO NOT attempt a double flip or back flip (single, front flips only).
- DO NOT sit or lie down on the trampoline.
- NO rough play or running.
- NO flips over the padding
- NO climbing or hanging on the walls, pads, or nets.
- NO tricking off walls.
- NO running on courts, pads, or walkways.
- NO foul language.
- ONLY one jumper per pad.

FAILURE TO ADHERE TO THE RULES WILL RESULT IN LOSS OF JUMP TIME AND COULD IMPACT MEMBERSHIP PRIVILEGES IF CONTINUED.