

Launch Pad & Multi-Sports Court Schedule Effective June 17, 2024

Time	Monday					Tuesday					Wednesday					Thursday							
	Launch Pad	Court 1	Court 2	Arena Weight Room	Arena Turf	Launch Pad	Court 1	Court 2	Arena Weight Room	Arena Turf	Launch Pad	Court 1	Court 2	Arena Weight Room	Arena Turf	Launch Pad	Court 1	Court 2	Arena Weight Room	Arena Turf			
7:00 AM	Open Jump 7:00am - 8:00am	Open Member 7:00am - 8:00am	Summer Camp 7:00am - 8:00am	Open Lift 5:00am - 7:00am		Open Jump 7:00am - 8:00am	Open Member 7:00am - 8:00am	Summer Camp 7:00am - 8:00am	Open Lift 5:00am - 7:00am		Open Jump 7:00am - 8:00am	Open Member 7:00am - 8:00am	Summer Camp 7:00am - 8:00am	Open Lift 5:00am - 7:00am		Open Jump 7:00am - 8:00am	Open Member 7:00am - 8:00am	Summer Camp 7:00am - 8:00am	Open Lift 5:00am - 7:00am				
7:30 AM																							
8:00 AM	Summer Camp 8:00am - 5:30pm			Sports Performance Training 7:00am - 8:30am		Summer Camp 8:00am - 5:30pm			Sports Performance Training 7:00am - 8:30am		Summer Camp 8:00am - 5:30pm			Sports Performance Training 7:00am - 8:30am		Summer Camp 8:00am - 5:30pm			Sports Performance Training 7:00am - 8:30am				
8:30 AM				Open Lift 8:30am - 1:00pm		Arena Kids 9:30am - 11:30am		Open Lift 8:30am - 1:00pm		Arena Kids 9:30am - 11:30am		Open Lift 8:30am - 1:00pm		Arena Kids 9:30am - 11:30am		Open Lift 8:30am - 1:00pm		Arena Kids 9:30am - 11:30am		Open Lift 8:30am - 1:00pm			
9:00 AM				Open Lift 8:30am - 4:00pm		Summer Camp 1:00pm - 3:00pm		Open Lift 8:30am - 4:00pm		Summer Camp 1:00pm - 3:00pm		Open Lift 8:30am - 4:00pm		Summer Camp 1:00pm - 3:00pm		Open Lift 8:30am - 4:00pm		Summer Camp 1:00pm - 3:00pm		Open Lift 8:30am - 4:00pm			
9:30 AM				Open Lift 3:00pm - 4:00pm		Open Lift 3:00pm - 4:00pm		Open Lift 3:00pm - 4:00pm		Open Lift 3:00pm - 4:00pm		Open Lift 3:00pm - 4:00pm		Open Lift 3:00pm - 4:00pm		Open Lift 3:00pm - 4:00pm		Open Lift 3:00pm - 4:00pm		Open Lift 3:00pm - 4:00pm			
10:00 AM				Sports Performance 4pm - 5pm (Trampoline Racks)		Sports Performance 4pm - 5pm (Trampoline Racks)		Sports Performance 4pm - 5pm (Trampoline Racks)		Sports Performance 4pm - 5pm (Trampoline Racks)		Sports Performance 4pm - 5pm (Trampoline Racks)		Sports Performance 4pm - 5pm (Trampoline Racks)		Sports Performance 4pm - 5pm (Trampoline Racks)		Sports Performance 4pm - 5pm (Trampoline Racks)		Sports Performance 4pm - 5pm (Trampoline Racks)			
10:30 AM				Arena Kids 5:30pm - 7:30pm		Open Lift 5:00pm - Close		Open Jump 5:30pm - Close		Open Court 6:00pm - Close		Open Court 5:30pm - Close		Open Lift 5:30pm - 7:30pm		Open Court 6:00pm - Close		Open Jump 5:30pm - Close		Open Court 6:00pm - Close		Open Court 5:30pm - Close	
11:00 AM				Open Court 6:00pm - Close		Open Lift 5:00pm - Close		Open Jump 5:30pm - Close		Open Court 6:00pm - Close		Open Court 5:30pm - Close		Open Lift 5:30pm - 7:30pm		Open Court 6:00pm - Close		Open Jump 5:30pm - Close		Open Court 6:00pm - Close		Open Court 5:30pm - Close	
11:30 AM				Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close	
12:00 PM				Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close	
12:30 PM				Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close		Open Jump 7:30pm - 8:30pm		Open Court 7:30pm - Close	

*Schedule updated as of June 17, 2024 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.



Launch Pad & Multi-Sports Court Schedule *Continued* Effective June 17, 2024

Friday					Saturday & Sunday				
Launch Pad	Court 1	Court 2	Arena Weight Room	Arena Turf	Launch Pad	Court 1	Court 2	Arena Weight Room	Arena Turf
Open Jump 7:00am - 8:00am	Open Member 7:00am - 8:00am	Summer Camp 7:00am - 8:00am	Open Lift 5:00am - 7:00am		Open Jump 7:00am - 3:00pm	Open Courts 7:00am - 3:00pm	Open Lift 7:00am - 6:00pm	Open Lift 7:00am - 6:00pm	Open Lift 7:00am - 6:00pm
Summer Camp 8:00am - 5:30pm			Sports Performance Training 7:00am - 8:30am						
			Open Lift 8:30am - 1:00pm	Open Lift 8:30am - 3:00pm					
			Summer Camp 1:00pm - 3:00pm	Programs 3:00pm - 6:00pm					
Open Jump 5:30pm - Close	Open Court 6:00pm - Close	Open Court 5:30pm - Close	Open Lift 8:30am - Close	Open Lift 3:00pm - Close					

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.