



## Adult Basketball Membership FAQs

**Q: What is the difference between an Adult Youth and an Adult Pro membership?**

A: Our Adult Pro memberships are reserved for one of two types of applicant:

- Applicants who have NCAA playing experience (DI, DII, DIII or Club)
- Applicants who are referred by a commissioner in our Fall/Winter Adult Pro member league

Our Adult Recreational memberships are for applicants who do not have formal NCAA playing experience of any level, but love the game and want to be a part of a high-level basketball gym and recurring pick-up run.

**Q: Will Adult Recreational members have access to a competitive league with a cash prize?**

A: Yes, beginning in January of 2026, Adult Recreational members will have access to an Adult Recreational competitive league. The winner of the Adult Recreational league will be delegated up to Adult Pro the following season.

**Q: If Adult Recreational members do not have access to a league in Fall/Winter, why is the membership cost the same?**

A: We are offering Adult Recreational members up to 7 inventory slots per week for pickup runs (vs. Adult Pro members that only receive 2 slots), as well as full access to our Open Gym, Monday-Friday from 10a - 4:30p.

### Q: How do pickup runs work?

A: Our pickup runs are offered in 90 minute sessions (for example, on Thursday mornings, we will have an adult recreational pickup run from 7a-8:30a and from 8:30a-10a). Each session will have 15 slot openings for 15 members to join. Members will have the ability to book our recovery features (sauna, cold plunge, Normatec) as add-ons to the run at no additional charge, as well as access to our weight room.

### Q: Is there a waitlist for pickup runs?

A: Yes, there is a waitlist. Through our Program NYC app, you will receive a notification if you are on the waitlist and a slot opens up.

### Q: How does open gym work?

A: Open Gym is offered weekdays (M-F) from 10a-4p. Both adult pro and adult recreational members can access open gym. During open gym, you will have access to our basketball court(s), recovery room and weight room. Our recovery room will still need to be booked ahead of time.

### Q: Is there a shower at The Program NYC gym?

A: Yes, there is a shower in both the Mens and Womens restrooms.

### Q: What is the contract commitment for Adult Pro or Adult Recreational Membership?

A: Our initial commitment is 4 months for our full Fall/Winter season. The contract is binding for those 4 months. A first month's payment is due upfront as a deposit to reserve your slot (\$250.00) and ensuing monthly payments will be made on the 1st of October, November and December.

### Q: Do female participants have access to adult memberships?

A: Right now, our female participants will have access to our Hoop York City runs that will occur on Thursday evenings and Saturday afternoons.

### Q: Can an Adult Recreational member try out to become an Adult Pro member?

A: Our adult basketball commissioner will carefully monitor all pickup runs and participants, and exceptional performers in our adult pickup runs will have the ability to graduate up to Adult Pro status.

Q: Do we receive box scores and highlights?

A: Yes, we are working to build out highlight and box score technology for both Adult Pro and Adult Recreational members, and expect to roll this out by January 2026.

Q: Do we receive gear?

A: Yes, both Adult Pro and Adult Youth members receive a Nike x The Program NYC reversible jersey, shorts and Dri-Fit tee.