

HEALTH UNLIMITED

January Gymnasium Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 8:00 am – 1:00 pm	Open Gym 5:00 am – 9:30 am			6-7 am Interval Fit Open Gym	Open Gym 5:00 am – 8:30pm	Adult Open Gym 7:00 am – 9:00 am
	Kids Club Recess 9:45 am – 10:30 am	Interval Fit 9:30 am – 10:30 am	Kids Club Recess 9:45 am – 10:30 am	Interval Fit 9:30 am – 10:30 am		Open Gym 9:00 am – 1:00 pm
	Pickleball 10:30 am – 1:30 pm	Open Gym 10:30 am – 10:00 pm	Pickleball 10:30 am – 1:30 pm	Open Gym 10:30 am – 10:00 pm		
	Open Gym 1:30 pm – 8:00 pm		Open Gym 1:30 pm – 8:00 pm			
Open Gym/Birthday Parties 1:00 pm – 6:00 pm	Adult Open Gym 8:00 pm - 10:00 pm	Adult Open Gym 8:00 pm – 10:00 pm	Adult Open Gym 8:00 pm – 10:00 pm	Open Gym 10:30 am – 10:00 pm	Open Gym 5:00 am – 8:30pm	Open Gym/Birthday Parties 1:00 pm – 7:00 pm
WE CLOSE AT 6:00 PM ON SUNDAYS						WE CLOSE AT 7:00 PM ON SATURDAYS
					<i>"Full Court Press"</i> 8:30 – 10:00 pm	

**Bod Pod returns January 22nd 3:30 pm – 7:00 pm – Bodyfat measuring
Sign Up at Front Desk**

Open gym times are allocated based on the following descriptions:

Adult Open Gym – adults/teens 16+ may use the gymnasium for pick-up basketball. No children/youth under the age of 16 should be using the gym during this time. **Full court play is allowed.**

Youth Open Gym – youth ages 7-15 may use the gymnasium for basketball, volleyball, etc. Children under age 7 may utilize the gym during this time with *direct parental supervision*. **No adults**, except parents of participating youth, may use the gym during this time.

Open Gym – this time is set-aside for anyone who wishes to use the gymnasium on a first come, first served basis. Youth ages 7-15, adults and families (youth under age 7 must have direct parental supervision) are welcome, however, please be considerate of those around you while using the gym. **No full court basketball play during Open Gym.**

Open Gym “Full Court Press” – Similar access as Open Gym above, however, full court games are permitted *when court space is available*.

Open Volleyball – During this time, the gymnasium will be set up for open volleyball play. Times are for individuals ages 16 and up. No basketball games should be played during this time.

Kids’ Club Recess – “Recess” for children in our Kids’ Club. No pre-registration required; just sign them up when you drop them off in the Kids’ Club.

Basketball/Volleyball Leagues - Additional info on our leagues can be found on our intramural sports flyers, on our website and from a staff member. Additional fees apply.

Open Gym/Birthday Parties – During these times, the gym is available for open play unless a party has been booked for that day or time slot. Parties will take precedence over open play – notices will be posted.

Pickleball - Sign Up in Advance at the Front Desk

Available Timeslots:

10:35am - 11:05am *This time slot is reserved for players who don't have a partner.*

11:10am - 11:40am, 11:45am - 12:15pm, 12:20pm - 12:50pm

12:55pm - 1:30pm *Open Play Only – No Reserved Spots*

You can sign up for only one timeslot per day and no more than 1 week in advance. To sign up call or stop by the Front Desk. Look for additional time? Call the day of to sign up for any open time slots.

Absolutely no profanity, arguing or loud and disruptive behavior will be tolerated. Anyone acting in this manner will be asked to leave the club and may have his/her membership and usage privileges revoked.

Thank you in advance for your cooperation and support in following these guidelines.