

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					Adult Open Gym 7:00 – 9:00 am
	Pickleball 9:30 am – 12:30 pm	Open Gym 9:30 am – 8:00 pm	Pickleball 9:30 am – 12:30 pm	Interval Fit 9:30 am – 10:30 am *Group fitness class for HU members	Pickleball 9:30 am – 12:30 pm	Open Gym 9:00 am – 12:30 pm
	Open Gym 12:30 pm – 8:00 pm		Open Gym 12:30 pm – 8:00 pm	Open Gym 10:30 am – 8:00 pm	Open Gym 12:30 pm – 9:00pm	
Open Gym/Birthday Parties 1:00 – 6:00 pm						Open Gym/Birthday Parties 12:30 – 6:00pm
WE CLOSE AT 6:00 PM ON SUNDAYS	Open Gym “Full Court Press” 8:00 pm – 10:00 pm	Open Gym “Full Court Press” 8:00 pm – 10:00 pm	**Open Gym “Full Court Press” 8:00 pm – 10:00 pm	Adult Open Volleyball 7:00pm – 9:30pm (Starting 1/12)	We Close at 9:00 pm Friday	WE CLOSE AT 6:00 PM ON SATURDAYS

No Pickleball Monday, December 26th

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.**

Adult Open Volleyball – adults/teens 16+ open volleyball play for all levels. We supply the ball and put up the net - you play!

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.*

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 – Drop in pickleball play. Players play games to 7 points then rotate when other players are waiting. Casual and fun! Ages 12 and Over

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.