

# GYM C SCHEDULE

January 2, 2026 – March 29, 2026  
 Passholders only Tuesday & Thursday for Open Gym  
 \*Mid-Winter Break Feb 16<sup>th</sup> – 20<sup>th</sup> No Pickleball

*SUBJECT TO CHANGE*

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                         | SATURDAY  | SUNDAY                         |
|--|--|--|--|--------------------------------|---|--------------------------------|
|  |  | <b>OPEN GYM</b><br>5:30a-8:50a                   |  |                                | <b>OPEN GYM</b><br>7:00a-9:00a  |                                |
|  |  | <b>PICKLEBALL</b><br>9:00a-12:00p                |  |                                | <b>FAMILY TIME</b><br>9:00a-1:00p<br>Family/Parent with children under 12 |                                |
|  |  | <b>OPEN GYM</b><br>12:00p-3:00p                  |  |                                | <b>OPEN GYM</b><br>1:00p-4:00p  |                                |
| <b>RECREATION<br/>PROGRAMMING</b><br>3:00p-8:45p | <b>RECREATION<br/>PROGRAMMING</b><br>3:00p-7:30p | <b>RECREATION<br/>PROGRAMMING</b><br>3:00p-8:45p | <b>RECREATION<br/>PROGRAMMING</b><br>3:00p-7:30p | <b>OPEN GYM</b><br>3:00p-8:45p | <b>OPEN GYM</b><br>4:00p-5:45p  | <b>OPEN GYM</b><br>4:00p-5:45p |
|  | <b>RECREATION<br/>PROGRAMMING</b><br>7:30p-8:45p |  | <b>RECREATION<br/>PROGRAMMING</b><br>7:30p-8:45p |                                |   |                                |
| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                         | SATURDAY  | SUNDAY                         |



# GYM B SCHEDULE

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| MONDAY                          | TUESDAY                                      | WEDNESDAY                         | THURSDAY                                     | FRIDAY                          | SATURDAY                                     | SUNDAY                         |
|---------------------------------|--|-----------------------------------|--|---------------------------------|--|--------------------------------|
|                                 |  | <b>OPEN GYM</b><br>5:30a-8:50a    |  |                                 | <b>OPEN GYM</b><br>7:00a-9:00a               | <b>OPEN GYM</b><br>8:00a-9:00a |
|                                 |  | <b>PICKLEBALL</b><br>9:00a-12:00p |  |                                 | <b>RECREATION PROGRAMMING</b><br>9:00a-1:00p |                                |
| <b>OPEN GYM</b><br>12:00p-5:00p | <b>OPEN GYM</b><br>12:00p-5:00p              | <b>OPEN GYM</b><br>12:00p-5:00p   | <b>OPEN GYM</b><br>12:00p-5:00p              | <b>OPEN GYM</b><br>12:00p-8:00p |  |                                |
| <b>OPEN GYM</b><br>5:00p-8:45p  | <b>RECREATION PROGRAMMING</b><br>5:00p-8:45p | <b>OPEN GYM</b><br>5:00p-8:45p    | <b>RECREATION PROGRAMMING</b><br>5:00p-8:45p | <b>OPEN GYM</b><br>8:00p-8:45p  | <b>OPEN GYM</b><br>1:00p-6:45p               | <b>OPEN GYM</b><br>1:00p-5:45p |
| MONDAY                          | TUESDAY                                      | WEDNESDAY                         | THURSDAY                                     | FRIDAY                          | SATURDAY                                     | SUNDAY                         |



# GYM A SCHEDULE

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SUBJECT TO CHANGE

| MONDAY                        | TUESDAY                       | WEDNESDAY                      | THURSDAY                          | FRIDAY                         | SATURDAY                                     | SUNDAY                         |
|-------------------------------|-------------------------------|--------------------------------|-----------------------------------|--------------------------------|--|--------------------------------|
|                               |                               |                                | <b>OPEN GYM</b><br>5:30a-8:50a    |                                | <b>OPEN GYM</b><br>7:00a-9:00a               | <b>OPEN GYM</b><br>8:00a-9:00a |
|                               |                               |                                | <b>PICKLEBALL</b><br>9:00a-12:00p |                                |  |                                |
|                               |                               |                                | <b>OPEN GYM</b><br>12:00p-5:00p   |                                | <b>RECREATION PROGRAMMING</b><br>9:00a-1:00p |                                |
| <b>OPEN GYM</b><br>5:00p-845p | <b>OPEN GYM</b><br>5:00p-845p | <b>OPEN GYM</b><br>5:00p-8:45p | <b>OPEN GYM</b><br>5:00p-8:45p    | <b>OPEN GYM</b><br>5:00p-8:45p | <b>OPEN GYM</b><br>1:00p-6:45p               | <b>OPEN GYM</b><br>1:00p-5:45p |
| MONDAY                        | TUESDAY                       | WEDNESDAY                      | THURSDAY                          | FRIDAY                         | SATURDAY                                     | SUNDAY                         |

## **Gym Info/Descriptions:**

- ❖ Facility Holiday hours are limited. Please call ahead for open gym times (248) 699-6700.
- ❖ HAWK staff reserves the right to make changes to the schedules as needed.
- ❖ Facility, Gym, and open play rules must always be adhered to.

## **Hawk Gymnasium Rules**

- To ensure safety for all ages, pass required to access the Gymnasium. Age requirements below:
  - Ages 12 and older have access to the Gymnasium
  - Ages 11 and younger are permitted in the Gymnasium, when accompanied by an adult (18 or older), or in a scheduled program.
- To ensure a safe and enjoyable Gymnasium experience for all:
  - Be respectful to The Hawk staff and follow staff instructions.
  - Please adhere to scheduled events and activities on the calendar.
  - No gym, food, or drinks permitted in the gym except water in a closed container. Food and other beverages may be consumed in designated areas only.
  - Proper athletic attire, including shirts, shorts and non-marking gym shoes must always be worn. No bare feet, flip flops, sandals, dress shoes, wheels, or skates etc.
  - Absolutely no organized coaching, practices or instruction permitted on The Hawk property unless authorized by facility management.
  - No dunking, hanging on the rims or net.
  - All equipment is to be used in the proper way; no kicking or sitting on volleyballs, or basketballs. Please return equipment to the proper location following use.
  - No Bluetooth speakers allowed. Use of headphones at an appropriate level for music/podcasts/streaming services allowed. Please keep streaming family friendly.
  - The City of Farmington Hills is not responsible for lost or stolen items.
  - Gym bags, coats, clothing, and other articles should be kept in the locker room using daily use lockers.
  - Foul language, "trash talking," taunting and verbal intimidation is not tolerated.
  - Fighting is strictly prohibited. Anyone fighting may be suspended from The Hawk. No refunds will be issued.
  - Good sportsmanship is always expected. The Hawk reserves the right to suspend anyone for not following the rules.
  - Have fun!