

# GYM C SCHEDULE

**JAN 6, 2025 – FEB 16, 2025**

*SUBJECT TO CHANGE*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>OPEN GYM</b> 5:30a-8:50a</p>					<p><b>OPEN GYM</b> 7:00a-9:00a</p>	
<p><b>PICKLEBALL – GYMS ABC</b> 9:00a-12:00p</p>					<p><b>OPEN GYM</b> 9:00a-1:00p</p>	
<p><b>RECREATION PROGRAMMING</b> 12:00p-5:00p <u>Passholders only Tuesday &amp; Thursday for Open Gym.</u></p>					<p><b>Family Time</b> 1:00p-4:00p Family/Parent with children under 12</p>	
<p><b>RECREATION PROGRAMMING</b> 5:00p-8:45p</p>	<p><b>RECREATION PROGRAMMING</b> 5:00p-7:30p</p>	<p><b>OPEN GYM</b> 5:00p-8:45p</p>	<p><b>RECREATION PROGRAMMING</b> 5:00p-7:30p</p>	<p><b>OPEN GYM</b> 5:00p-8:45p</p>	<p><b>OPEN GYM</b> 4:00p-6:45p</p>	<p><b>OPEN GYM</b> 4:00p-5:45p</p>
	<p><b>RECREATION PROGRAMMING</b> 7:30p-8:45p</p>		<p><b>RECREATION PROGRAMMING</b> 7:30p-8:45p</p>			

# GYM B SCHEDULE

**JAN 6, 2025 – FEB 16, 2025**

*SUBJECT TO CHANGE*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>OPEN GYM</b> 5:30a-8:50a			<b>OPEN GYM</b> 7:00a-9:00a	<b>OPEN GYM</b> 8:00a-9:00a
<b>PICKLEBALL – GYMS ABC</b> 9:00a-12:00p <u>Passholders only Tuesday &amp; Thursday for Open Gym.</u>					<b>RECREATION PROGRAMMING</b> 9:00a-1:00p	
<b>OPEN GYM</b> 12:00p-5:00p	<b>RECREATION PROGRAMMING</b> 3:45p-5:00p	<b>OPEN GYM</b> 3:45p-5:00p	<b>RECREATION PROGRAMMING</b> 3:45p-5:00p	<b>OPEN GYM</b> 12:00p-8:00p		
<b>OPEN GYM</b> 5:00p-8:45p	<b>RECREATION PROGRAMMING</b> 5:00p-8:45p	<b>OPEN GYM</b> 5:00p-8:45p	<b>RECREATION PROGRAMMING</b> 5:00p-8:45p	<b>OPEN GYM</b> 8:00p-8:45p	<b>OPEN GYM</b> 1:00p-6:45p	<b>OPEN GYM</b> 1:00p-5:45p

# GYM A SCHEDULE

**JAN 6, 2025 – FEB 16, 2025**

*SUBJECT TO CHANGE*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>OPEN GYM</b> 5:30a-8:50a</p>					<p><b>OPEN GYM</b> 7:00a-9:00a</p>	<p><b>OPEN GYM</b> 8:00a-9:00a</p>
<p><b>PICKLEBALL – GYMS ABC</b> 9:00a-12:00p</p>						
<p><b>OPEN GYM</b> 12:00p-5:00p <u>Passholders only Tuesday &amp; Thursday for Open Gym.</u></p>					<p><b>RECREATION PROGRAMMING</b> 9:00a-1:00p</p>	
<p><b>OPEN GYM</b> 5:00p-8:45p</p>	<p><b>OPEN GYM</b> 5:00p-8:45p</p>	<p><b>OPEN GYM</b> 5:00p-8:45p</p>	<p><b>OPEN GYM</b> 5:00p-8:45p</p>	<p><b>OPEN GYM</b> 5:00p-8:45p</p>	<p><b>OPEN GYM</b> 1:00p-6:45p</p>	<p><b>OPEN GYM</b> 1:00p-5:45p</p>

## **Gym Info/Descriptions:**

- ❖ Facility 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!