

# GYM C (NEAR FRONT OF BUILDING) SCHEDULE

**MAR 25-29**

*SUBJECT TO CHANGE*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPEN GYM</b> 5:30a-9:00a	<b>OPEN GYM</b> 5:30a-9:00a	<b>OPEN GYM</b> 5:30a-9:00a	<b>OPEN GYM</b> 5:30a-9:00a	<b>OPEN GYM</b> 5:30a-9:00a
<b>CAMP</b> 9:00a-3:00p	<b>CAMP</b> 9:00a-3:00p	<b>CAMP</b> 9:00a-3:00p	<b>CAMP</b> 9:00a-3:00p	<b>CAMP</b> 9:00a-3:00p
<b>HAWK PROGRAMS</b> 3:00p-6:50p	<b>FAMILY GYM TIME</b> 3:00p-9:50p	<b>OPEN GYM</b> 3:00p-9:50p	<b>FAMILY GYM TIME</b> 3:00p-6:00p	<b>FAMILY GYM TIME</b> 3:00p-6:00p
<b>HAWK PROGRAMS</b> 7:00p-9:00p			<b>HAWK PROGRAMS</b> 6:00p-10:45p	<b>HAWK PROGRAMS</b> 6:00p-8:50p

# GYM B (CENTER COURT) SCHEDULE

**MAR 25-29**

*SUBJECT TO CHANGE*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPEN GYM</b> 5:30a-9:50p	<b>OPEN GYM</b> 5:30a-9:50p	<b>OPEN GYM</b> 5:30a-5:45p	<b>OPEN GYM</b> 5:30a-6:00p	<b>OPEN GYM</b> 5:30a-8:50p
		<b>HAWK PROGRAMS</b> 6:00p-7:45p	<b>HAWK PROGRAMS</b> 6:00p-10:45p	
		<b>OPEN GYM</b> 7:45p-9:50p		

# GYM A (NEAR FITNESS CENTER) SCHEDULE

**MAR 25-29**

*SUBJECT TO CHANGE*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPEN GYM</b> 5:30a-9:50p	<b>OPEN GYM</b> 5:30a-9:50p	<b>OPEN GYM</b> 5:30a-5:45p	<b>OPEN GYM</b> 5:30a-9:50p	<b>OPEN GYM</b> 5:30a-8:50p
		<b>HAWK PROGRAMS</b> 6:00p-7:45p		
		<b>OPEN GYM</b> 7:45p-9:50p		

## **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!