

GYM C SCHEDULE

SEPT 2024 – OCT 2024
SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>OPEN GYM 5:30a-9:00a</p>					<p>OPEN GYM 7:00a-9:00a</p>	
<p>OPEN GYM 9:00a-2:00p <u>Passholders only Tuesday-Wednesday-Thursday for the Gym Starting at 2pm.</u></p>					<p>OPEN GYM 9:00a-1:00p</p>	
<p>RECREATION PROGRAMMING 2:00p-5:00p</p>					<p>Family Time 1:00p-4:00p Family/Parent with children under 12</p>	
<p>OPEN GYM 5:00p-8:45p</p>	<p>RECREATION PROGRAMMING 5:00p-7:30p</p>	<p>OPEN GYM 5:00p-8:45p</p>	<p>RECREATION PROGRAMMING 5:00p-7:30p</p>	<p>OPEN GYM 5:00p-8:45p</p>	<p>OPEN GYM 4:00p-6:45p</p>	<p>OPEN GYM 4:00p-5:45p</p>
	<p>OPEN Volleyball 7:30p-8:45p</p>		<p>OPEN GYM 7:30p-8:45p</p>			

GYM B SCHEDULE

SEPT 2024 - OCT 2024

SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p>OPEN GYM 5:30a-9:00a</p>			<p>OPEN GYM 7:00a-9:00a</p>	<p>OPEN GYM 8:00a-9:00a</p>
<p>OPEN GYM 9:00a-3:45p <u>Passholders only Tuesday-Wednesday-Thursday for the Gym Starting at 2pm.</u></p>					<p>RECREATION PROGRAMMING 9:00a-1:00p</p>	
<p>OPEN GYM 3:45p-5:00p</p>	<p>RECREATION PROGRAMMING 3:45p-5:00p</p>	<p>RECREATION PROGRAMMING 3:45p-5:00p</p>	<p>RECREATION PROGRAMMING 3:45p-5:00p</p>	<p>OPEN GYM 4:00p-8:00p</p>		
<p>OPEN GYM 5:00p-8:45p</p>	<p>RECREATION PROGRAMMING 5:00p-8:45p</p>	<p>RECREATION PROGRAMMING 5:00p-8:45p</p>	<p>RECREATION PROGRAMMING 5:00p-8:45p</p>	<p>OPEN GYM 8:00p-8:45p</p>	<p>OPEN GYM 1:00p-6:45p</p>	<p>OPEN GYM 1:00p-5:45p</p>

GYM A SCHEDULE

SEPT 2024 - OCT 2024

SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>OPEN GYM 5:30a-9:00a</p>					<p>OPEN GYM 7:00a-9:00a</p>	<p>OPEN GYM 8:00a-9:00a</p>
<p>OPEN GYM 9:00a-3:00p <u>Passholders only Tuesday-Wednesday-Thursday for the Gym Starting at 2pm.</u></p>						
<p>OPEN GYM 3:00p-5:00p</p>					<p>RECREATION PROGRAMMING 9:00a-1:00p</p>	
<p>OPEN GYM 5:00p-8:45p</p>	<p>OPEN GYM 5:00p-8:45p</p>	<p>RECREATION PROGRAMMING 5:00p-8:45p</p>	<p>OPEN GYM 5:00p-8:45p</p>	<p>OPEN GYM 5:00p-8:45p</p>	<p>OPEN GYM 1:00p-6:45p</p>	<p>OPEN GYM 1:00p-5:45p</p>

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!