

# SUMMER GYM SCHEDULE

Walkers: 15 Laps = 1 Mile

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00	AM Walk	AM Walk	AM Walk	AM Walk	AM Walk	
9:00-10:00	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	FAMILY OPEN GYM
10:00-11:00	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	FAMILY OPEN GYM
11:00-12:00	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	FAMILY OPEN GYM
12:00-1:00	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	
1:00-3:00	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	
3:30-5:00	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	CAMP MALTA	
5:00-6:00	TOT OPEN GYM	Age 12-17 w/signed waiver	Under 12 w/parent	Age 12-17 w/signed waiver	TOT OPEN GYM	
6:00-7:00	FAMILY OPEN GYM	Under 12 w/parent	FAMILY OPEN GYM	OPEN GYM 18+	Adult Basketball \$	
7:00-8:00	OPEN GYM 18+	FAMILY OPEN GYM	Age 12-17 w/signed waiver	FAMILY OPEN GYM	Adult Basketball \$	

\$ Indicates fee based class. Open gym times slots are FREE of charge (not supervised). Schedule subject to change. Sign in at desk.

**Tot Open Gym:** Children 5 and under with supervising adult (bring appropriate gym equipment). Clean, dry gym shoes required.

**Family Open Gym:** parent/responsible adult and child playing together. Please respect the other age groups playing.

**Adult Basketball \$:** (18+ and must show ID at front desk when signing in)- basketball drop in games- \$4 for resident, \$5 for non resident

You must bring your own gym appropriate equipment. Our equipment is for paying classes only.

**Gym is available for rentals: Please inquire at the front desk, or call 899-4411 (ext 301). Any organized group must rent the gym.**

*\*\*\*One of the most demanding responsibilities in informal sports is observing, controlling and reporting participant conduct and facility use.*

*Since we are not staffed with an individual to monitor the gymnasium, times are broken down by age for risk management purposes. It is*

*recommended to call prior to arriving due to schedule changes. If the gym is empty during any open time, feel free to inquire at the front*

*desk if you may shoot around. It is the discretion of the supervising staff at the time. Typically, they will allow usage of the gym as long*

*as it is understood you may be asked to leave if enough participants in that particular age category arrive.\*\*\**