

# GYM C SCHEDULE

PASSHOLDERS ONLY TUESDAY & THURSDAY FOR OPEN GYM

\*HAWK CLOSING @ 1:30PM EASTER SUNDAY 4/20

\*GYMNASIUM CLOSED ON 5/17 FOR ARCHERY TOURNAMENT

**MAR 31, 2025 – MAY 31, 2025**

***SUBJECT TO CHANGE***

| MONDAY  | TUESDAY  | WEDNESDAY                              | THURSDAY   | FRIDAY                                 | SATURDAY   | SUNDAY                                 |
|---|--|--|--|--|--|--|
| <p><b>OPEN GYM</b><br/>5:30a-8:50a</p>                |  |  |  |  | <p><b>OPEN GYM</b><br/>7:00a-9:00a</p>   |  |
| <p><b>OPEN GYM</b><br/>9:00a-12:00p</p>               |  |  |  |  | <p><b>FAMILY TIME</b><br/>9:00a-1:00p<br/>Family/Parent with children under 12</p> |  |
| <p><b>RECREATION PROGRAMMING</b><br/>12:00p-5:00p</p> |  |  |  |  | <p><b>OPEN GYM</b><br/>1:00p-4:00p</p>   |  |
| <p><b>RECREATION PROGRAMMING</b><br/>5:00p-8:45p</p>  | <p><b>RECREATION PROGRAMMING</b><br/>5:00p-7:30p</p> | <p><b>OPEN GYM</b><br/>5:00p-8:45p</p> | <p><b>RECREATION PROGRAMMING</b><br/>5:00p-7:30p</p> | <p><b>OPEN GYM</b><br/>5:00p-8:45p</p> | <p><b>OPEN GYM</b><br/>4:00p-6:45p</p>   | <p><b>OPEN GYM</b><br/>4:00p-5:45p</p> |
|   | <p><b>RECREATION PROGRAMMING</b><br/>7:30p-8:45p</p> |  | <p><b>RECREATION PROGRAMMING</b><br/>7:30p-8:45p</p> |  |  |  |

# GYM B SCHEDULE

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| MONDAY                         | TUESDAY                               | WEDNESDAY               | THURSDAY                              | FRIDAY                  | SATURDAY                              | SUNDAY                  |
|--------------------------------|---------------------------------------|-------------------------|---------------------------------------|-------------------------|---------------------------------------|-------------------------|
|                                |                                       |                         |                                       |                         | OPEN GYM<br>7:00a-9:00a               | OPEN GYM<br>8:00a-9:00a |
| OPEN PICKLEBALL<br>9:00a-1:00p |                                       |                         |                                       |                         | RECREATION PROGRAMMING<br>9:00a-1:00p |                         |
| OPEN GYM<br>1:00p-5:00p        | RECREATION PROGRAMMING<br>3:45p-5:00p | OPEN GYM<br>1:00p-5:00p | RECREATION PROGRAMMING<br>3:45p-5:00p | OPEN GYM<br>1:00p-8:00p |                                       |                         |
| OPEN GYM<br>5:00p-8:45p        | RECREATION PROGRAMMING<br>5:00p-8:45p | OPEN GYM<br>5:00p-8:45p | RECREATION PROGRAMMING<br>5:00p-8:45p | OPEN GYM<br>8:00p-8:45p | OPEN GYM<br>1:00p-6:45p               | OPEN GYM<br>1:00p-5:45p |

# GYM A SCHEDULE

PASSHOLDERS ONLY TUESDAY & THURSDAY FOR OPEN GYM

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**MAR 31, 2025 – MAY 31, 2025**

***SUBJECT TO CHANGE***

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

## **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!