



## CORE - OPEN GYM SCHEDULE



### Monday 12/03

Bar None	9am-10am	Court 1
Stroller Strides	9:30am-10:30am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
OQMS Basketball Practice	2:30pm-4pm	Court 3
Open Gym (All Ages)	3pm-8pm	Open Courts
LAC Basketball Practice	4:30pm-6pm	Court 1
All Star Soccer	4:30pm-5:30pm	Court 3 East
Volleyball Clinic	5:30pm-7pm	Court 2
All Star T-Ball	5:45pm-6:45pm	Court 3 East
DR32 Basketball Practice	6pm-7:30pm	Court 3 West
Body Pump	6:15pm-7:15pm	Court 1 East
DR32 Basketball Practice	7:30pm-9pm	Court 1
Basketball Rental	8pm-10pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Tuesday 12/04

Bootcamp	5:30am-6:30am	Court 1
Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
OQMS Basketball Practice	2:30pm-4pm	Court 3
Open Gym (All Ages)	3pm-8pm	Open Courts
LAC Basketball Practice	4pm-5:30pm	Court 1
DR32 Basketball Practice	4pm-6pm	Court 2
Itty Bitty Hoops	5:30pm-7:30pm	Court 3
Team Weight Loss	6pm-7pm	Court 1 West
DR32 Basketball Practice	7:30pm-9pm	Court 3
Volleyball Rental	8pm-10pm	Court 1
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Wednesday 12/05

Strength Embrace	8am-8:45am	Court 1 East
Body Pump	9am-10am	Court 1 East
Stroller Strides	9:30am-10:30am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
Open Gym (All Ages)	3pm-8pm	Open Courts
Pickle Ball	5pm-8pm	Courts 2
Body Pump	6:15pm-7:15pm	Court 1 East
Futsal Practice	7:30pm-9pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

**Open Gym Free for Residents 3pm-6pm**

### Thursday 12/06

Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Stroller Strides	9:15am-10:15am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
Discovery and Play	10:45am-11:30am	Court 1
Open Gym (All Ages)	3pm-8pm	Open Courts
OQMS Badminton Practice	2:30pm-4pm	Court 1
LAC Basketball Practice	4pm-9pm	Court 3
LAC Basketball Practice	4:30pm-6pm	Court 1
Team Weight Loss	6pm-7pm	Court 1 West
Basketball Rental	8pm-9:30pm	Court 2
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Friday 12/07

Power Cardio	9:15am-10am	Court 1 East
Stroller Strides	9:30am-10:30am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
OQMS Basketball Practice	2:30pm-4pm	Court 3
Open Gym (All Ages)	3pm-8pm	Open Courts
All Star Super Sports	4pm-4:45pm	Court 3 East
LAC Basketball Practice	4:30pm-6pm	Court 1
DR32 Basketball Practice	5pm-6:30pm	Court 2
All Star Hockey	5pm-6pm	Court 3 East
DR32 Basketball Practice	6:30pm-8:30pm	Court 1
Futsal Practice	7:30pm-9pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Saturday 12/08

Open Gym	8am-8pm	Open Courts
Bootcamp	8am-9am	Court 1
All Star Basketball	9am-9:45am	Court 3 East
Zumba	9:15am-10:15am	Court 1 East
All Star Basketball	9:45am-10:45am	Court 3 East
DuPage League	10:30am-6pm	Court 1
All Star Soccer	11:00am-11:45am	Court 3 East
All Star T-Ball	1:30pm-2:15pm	Court 3 East

### Sunday 12/09

Open Gym	8am-11am	Open Courts
Softball Rental Cage Set-Up	9:30am-12:30pm	Court 1
Travel Basketball League	10am-2pm	Court 2
Travel Basketball League	11am-3pm	Court 3
Open Gym	12:30pm-8pm	Open Courts
Pickle Ball	5pm-8pm	Court 2

**No Open Gym 11am-12:30pm**

### Additional Information

**Core Members** - Courts can be used anytime they are available & during age appropriate Open Gym times. No supervision is required for CORE Members.  
**Open Gym Pass Holders** - Can use pass during the age appropriate Open Gym times. Can also participate during CORE Member only times as long as CORE Member is directly supervising them. Supervision is always required.  
**Walk-ins** - Have access to the field house during age appropriate Open Gym posted times only. Supervision is always required.  
**Open Gym Sessions** - Each Open Gym session will require a payment/check-in for each session listed.

**Schedule is subject to change**