

NORTHBROOK PARK DISTRICT

OPEN GYM TIMES

Techny Prairie Activity Center

February 2023

Open Gym Times are for Techny Prairie Activity Center, 180 Anets Drive

**Subject to change. Please visit www.nbfitness.org for updated schedule.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Open Pickleball 7:05-8:35am 6:35-8:25pm	2 Open Pickleball 7-8:45am 8:50-10:55am (Half) Open Gym 2:15-3:45pm (Half) Open Basketball 4-5:55pm (Half)	3 Open Pickleball 7-8:55am 2-4pm 8:35-10:05pm Open Volleyball 4:25-6:25pm	4 Open Gym 7:15-8:45pm (Half) Open Pickleball 1:50-3:20pm Open Basketball 3:25-4:55pm (Half) Family Open Gym 3:25-4:55pm
5 Open Pickleball 1:35-3:25pm Open Badminton 5-7pm (Half) Open Basketball 5-7pm (Half)	6 Open Pickleball 6-7:55am 8:55-10:55am Open Gym 2:15-3:45pm	7 Open Pickleball 6-8am Open Gym 2:30-4pm	8 Open Pickleball 7:05-8:35am 8:55-10:55am 6:35-8:25pm	9 Open Pickleball 7-8:45am 8:50-10:55am (Half) Open Gym 2:15-3:45pm (Half) Open Basketball 4-5:55pm (Half)	10 Open Pickleball 7-8:55am 2-4pm 8:35-10:05pm Open Volleyball 4:25-6:25pm	11 Open Gym 7-9am Open Pickleball 12:05-2:05pm 5:20-7pm Open Basketball 2:10-3:40pm Open Badminton 3:45-5:15pm (Half) Family Open Gym 3:45-5:15pm (Half)
12 Open Pickleball 1:30-3:00pm Family Open Gym 3-5pm (Half) Open Badminton 5-7pm (Half) Open Basketball 5-7pm (Half)	13 Open Pickleball 6-7:55am 8:55-10:55am Open Gym 2:15-3:45pm	14 Open Pickleball 6-8am Open Gym 2:30-4pm	15 Open Pickleball 7:05-8:35am 8:55-10:55am 6:35-8:25pm	16 Open Pickleball 7-8:45am 8:50-10:55am (Half) Open Gym 2:15-3:45pm (Half) Open Basketball 4-5:55pm (Half)	17 Open Pickleball 7-8:55am 8:35-10:05pm Open Basketball 2:15-4:15pm Open Volleyball 4:25-6:25pm	18 Half Open Gym 7:15-8:45pm Open Pickleball 12:05-2:05pm Open Basketball 2:10-3:40pm
19 Open Badminton 3-5pm (Half) Open Pickleball 5-7pm	20 Open Pickleball 6-7:55am 8:55-10:55am Open Basketball 2:15-3:45pm 3:55-5:55pm	21 Open Pickleball 6-8am Open Gym 2:30-4pm Open Basketball 4:30-6:25pm	22 Open Pickleball 7:05-8:35am 8:55-10:55am 8:35-10:05pm	23 Open Pickleball 7-8:45am 8:50-10:55am (Half) Open Gym 2:15-3:45pm (Half) Open Basketball 4-5:55pm (Half)	24 Open Pickleball 7-8:55am 2-4pm 8:35-10:05pm Open Volleyball 4:25-6:25pm	25 Open Gym 7-9am Open Pickleball 12:05-2:05pm 5-7pm Open Basketball 2:30-4:30pm
26 Family Open Gym 3-5pm (Half) Open Pickleball 5-7pm	27 Open Pickleball 6-7:55am 8:55-10:55am Open Gym 2:15-3:45pm	28 Open Pickleball 6-8am Open Gym 2:30-4pm				

Open Gym Information

Open Gym schedules are available at www.nbfitness.org/gymnasium-open-gym/



Walk-ins will be accepted on a first-come, first-served basis. Any minors under the age of 18 are required to complete a participation waiver by clicking [here](#).

Open gym schedule and availability is subject to change.

Open Gym (All ages): Participants can drop in and choose an activity to play. Limited to 16 participants. (8 Half)

Open Pickleball (Ages 14 & older): Four pickleball courts are available for singles/doubles play. There is maximum of 32 people allowed in the gym at one time. If there are any participants waiting to play, there needs to be a rotation after the completion of each game. If there is a team waiting to play, the losing team will sit allowing the waiting team to play next. Some time slots are reserved for 60+ only.

Youth Basketball (Ages 8-18) / Open Basketball (All Ages): One full or two half basketball courts are available for games of five-on-five basketball. Games will be played to 11 points; each basket is one point. If there are more than two teams wanting to play, the winning team will continue to play, and the losing team will sit allowing the waiting team to play. Winning teams may not play more than two consecutive games if other groups are waiting. The gym may be divided into two half courts depending on registration.

Open Volleyball (All Ages): One or two Volleyball courts are available for games up to 6 on 6 volleyball. Games will be played to 11 points. If there are more than two teams wanting to play, the winning team will continue to play, and the losing team will sit allowing the waiting team to play. Winning teams may not play more than two consecutive games if other groups are waiting. The gym may be divided into two half courts depending on registration.

Half Open Gym Only half the gym will be available. There will be a limited number of spaces for participants. Maximum of 16 people per half of the gym.

Open gym is included with TPAC membership.

Open gym fee for non-members: Resident \$6/Non-resident \$8

Swipe Card: Resident \$54/Non-resident \$72

Schedules:

- Open gym schedules are subject to change monthly based on availability. Check nbfitness.org for updated schedules.
- Gym may be closed at any time due to inclement weather or low attendance. In general, the open gym will be cancelled one hour after the start time should there be no one in attendance.

General Rules:

- Children ages 8 and under must be supervised by a parent or legal guardian.
- No food, beverage or gum is permitted in the gym. Bottle water may be brought into the gym but must have a cap.
- Appropriate athletic wear and footwear are required at all times.
- Smoking, use of tobacco or spitting is strictly prohibited.
- No hanging on the rim or abuse of gym equipment.
- Do not bounce balls off gym walls or doors.
- Profanity, offensive language, or disruptive behavior will not be tolerated. Such behavior will result in immediate removal and suspension of privileges.
- The Park District is not responsible for lost or stolen items.
- The Park District reserves the right to limit the number of participants or member admitted to open gym.

