


# OPEN GYM TIMES

Techny Prairie Activity Center

January 2023

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

*\*Subject to change. Please visit [www.nbfittness.org](http://www.nbfittness.org) for updated schedule.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>Open Pickleball</b> 9-10:30am 10:45-12:15pm <b>Open Basketball</b> 12:30-3pm 	<b>2</b> <b>Open Pickleball</b> 7-8:30am 9-11am <b>Open Basketball</b> 6-8pm 11:30-1pm 3-6pm	<b>3</b> <b>Open Pickleball</b> 7-8:30am 9-10:30am 12-1:30pm 6-9pm <b>Open Basketball</b> 4-6pm	<b>4</b> <b>Open Pickleball</b> 7-8:30am 9-10:30am 11-12:30pm 6:30-8:30pm	<b>5</b> <b>Open Pickleball</b> 7-8:30am 9-10:30am 12-1:30pm 6-7:45pm <b>Open Basketball</b> 4-5:45pm	<b>6</b> <b>Open Pickleball</b> 7-8:30am 9-10:30am 11-12:30pm 7:30-9pm <b>Open Volleyball</b> 3:45-5:30pm <b>Open Basketball</b> 5:45-7:15pm	<b>7</b> <b>Open Badminton (Half)</b> 2:30-4pm <b>Family Open Gym (Half)</b> 2:30-4pm
<b>8</b> <b>Open Pickleball</b> 2-3:30pm <b>Open Basketball</b> 4-5:30pm <b>Open Badminton (Half)</b> 5:30-7pm <b>Family Open Gym (Half)</b> 5:30-7pm	<b>9</b> <b>Open Pickleball</b> 7-8:30am 9-11am	<b>10</b> <b>Open Pickleball</b> 7-8:30am	<b>11</b> <b>Open Pickleball</b> 7-8:30am 9-10:30am 6:30-8:30pm	<b>12</b> <b>Open Pickleball</b> 7-8:30am	<b>13</b> <b>Open Pickleball</b> 7-8:30am <b>Open Volleyball</b> 3:45-6:00pm	<b>14</b> <b>Open Pickleball</b> 8:30-10am 1:30-3:30pm <b>Open Basketball</b> 12-1:30pm 3:30-5pm (Half) 5-7pm <b>Family Open Gym (Half)</b> 3:30-5pm
<b>15</b> <b>Open Pickleball</b> 2-3:30pm <b>Open Basketball</b> 4-5:30pm <b>Open Badminton (Half)</b> 5:30-7pm <b>Family Open Gym (Half)</b> 5:30-7pm	<b>16</b> <b>Open Pickleball</b> 7-8:30am 9-11am <b>Open Basketball</b> 2:30-5:45pm	<b>17</b> <b>Open Pickleball</b> 7-8:30am	<b>18</b> <b>Open Pickleball</b> 7-8:30am 9-10:30am 6:30-8:30pm	<b>19</b> <b>Open Pickleball</b> 7-8:30am	<b>20</b> <b>Open Pickleball</b> 7-8:30am 8:35-10:05pm <b>Open Volleyball</b> 3:45-6:00pm	<b>21</b> <b>Open Pickleball</b> 8:30-10am 1:30-3:30pm <b>Open Basketball</b> 12-1:30pm 3:30-4:30pm (Half) <b>Family Open Gym (Half)</b> 3:30-4:30pm
<b>22</b> <b>Open Pickleball</b> 2-3:30pm <b>Open Basketball</b> 4-5:30pm <b>Open Badminton (Half)</b> 5:30-7pm <b>Family Open Gym (Half)</b> 5:30-7pm	<b>23</b> <b>Open Pickleball</b> 7-8:30am 9-11am	<b>24</b> <b>Open Pickleball</b> 7-8:30am	<b>25</b> <b>Open Pickleball</b> 7-8:30am 9-10:30am 6:30-8:30pm	<b>26</b> <b>Open Pickleball</b> 7-8:30am	<b>27</b> <b>Open Pickleball</b> 7-8:30am 8:35-10:05pm <b>Open Volleyball</b> 3:45-6:00pm	<b>28</b> <b>Open Pickleball</b> 8:30-10am 1:30-3:30pm <b>Open Basketball</b> 12-1:30pm 3:30-5:00pm
<b>29</b> <b>Open Pickleball</b> 2-3:30pm <b>Open Badminton (Half)</b> 5:30-7pm <b>Family Open Gym (Half)</b> 5:30-7pm	<b>30</b> <b>Open Pickleball</b> 7-8:30am 9-11am	<b>31</b> <b>Open Pickleball</b> 7-8:30am				

## Open Gym Information

Open Gym schedules are available at [www.nbfittness.org/gymnasium-open-gym/](http://www.nbfittness.org/gymnasium-open-gym/)



Masks are recommended but not required while playing. 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](#).

90-minute time slots are available during scheduled times for activities. Individual hoops cannot be reserved for skills training. Open gym schedule and availability is subject to change.

**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](http://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.

