

UPTCC OPEN GYM SCHEDULE NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 8am-10am	Open Gym 8am-10am	Open Gym 8am-10am	Open Gym 8am-10am	Open Gym 8am-10am	Adult Basketball 8am-10am
Pickleball 12pm-3pm		Pickleball 11:30am-3pm		Pickleball 11:30am-3pm	Basketball 10am-12pm
Open Gym 3pm-6pm	Open Gym 11am-6pm	Open Gym 3pm-6pm	Open Gym 11am-6pm		
Open Gym 1 6-8pm	Badminton Gym 1 6-8pm	Open Gym 1 6pm-8pm	Badminton Gym 1 6pm-8pm	Open Gym 3:00pm-8:00pm	
Adult Basketball Gym 2 6-8pm	Open Gym 2 6-8pm	Adult Basketball Gym 2 6pm-8pm	Open Gym 2 6pm-8pm		**NO OPEN GYM SAT NOV 12TH**

EXCEPTION DATES: Saturday November 12th NO OPEN GYM

Friday November 25th Gym closes @ 12pm

Definitions

- Open Gym – The gym is open to all with NO organized/game sports play.
- Members under the age of 14 must have a parent or guardian present.
- GEX Class - Gym being utilized for group exercise class, see Group Exercise class schedule for details.
- Adult Basketball– Only 18 and older are permitted to play in the gym during this time.
Pickleball - paddle ball sport that combines elements of tennis, badminton, and table tennis.

Rules, Regulations, & Information

1. Must check in at the front desk to either scan a valid membership card or purchase open gym/day pass upon entering the building.
2. Guest Policy: Guest must sign waiver and follow all UPTRC rules and regulations while on the premises. Members are responsible at all times for the actions of their guest.
3. Proper non-marking athletic shoes and full shirts (no sleeveless shirts or bare midriffs- this includes tank tops, sports bras, cut offs, etc.) are required in all areas of UPTRC.
4. UPTRC is not responsible for any lost or stolen items.
5. Food and drinks (with the exception of closed water bottles) are not permitted in the gym, this includes no chewing gum.
6. No fighting, inappropriate language, antagonistic behavior, and related actions.
7. Sharing of the court is expected. Universal rules of good conduct, fair play and good sportsmanship must be followed at all times.
8. Dunking or hanging on basketball rims or nets and volleyball nets is strictly prohibited.
9. Full court games are permitted only during specified times.
10. No organized instruction, coaching or training is allowed in this facility except by authorized personnel.
11. Half and Full Court gym rentals are available. Please see the Recreation Coordinator for details.