

GYM C (NEAR FRONT OF BUILDING) SCHEDULE

MAR 27TH-31ST

SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:30a-8:45a	OPEN GYM 5:30a-8:45a	OPEN GYM 5:30a-8:45a	OPEN GYM 5:30a-8:45a	OPEN GYM 5:30a-8:45p	OPEN GYM 7:00a-10:00a	OPEN GYM 7:00a-11:00a
Hawk Program 9:00a-12:00p	Hawk Program 9:00a-12:00p	Hawk Program 9:00a-12:00p	Hawk Program 9:00a-3:00p	Hawk Program 9:00a-12:00p	HAWK PROGRAM 10:00a-12:00p	OPEN GYM 11:00a-2:00p
Hawk Program 12:00p-3:00p	Hawk Program 12:00p-3:00p	Hawk Program 12:00p-3:00p	OPEN GYM 3:00p-9:50p	Hawk Program 12:00p-3:00p	Open Gym 12:30p-7:00p	OPEN GYM 2:00p-4:00p
OPEN GYM 3:00p-5:30p				OPEN GYM 3:00p-5:30p		
OPEN GYM 5:30p-9:50p	HAWK PROGRAM 6:00p-8:30P	HAWK PROGRAM 5:30p-9:00p		OPEN GYM 5:30p-8:50p		OPEN GYM 4:00p-6:00p
	OPEN GYM 8:45p-9:50p					

GYM B (CENTER COURT) SCHEDULE

MAR 27TH-31ST

SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:30a-8:45a	OPEN GYM 5:30a-8:45a	OPEN GYM 5:30a-8:45a	OPEN GYM 5:30a-8:45a	OPEN GYM 5:30a-8:45a	OPEN GYM 7:00a-8:30a	OPEN GYM 7:00a-1:30p
OPEN GYM 9:00a-12:00p	OPEN GYM 9:00a-12:00p	OPEN GYM 9:00a-12:00p	OPEN GYM 9:00a-5:00p	OPEN GYM 9:00a-12:00p	OPEN GYM 9:00a-12:30p	
OPEN GYM 12:00p-9:50p	OPEN GYM 12:00p-2:00p	OPEN GYM 12:00p-2:00p	Hawk Program 5:00p-7:30p	OPEN GYM 12:00p-8:50p	OPEN GYM 12:30p-7:00p	OPEN GYM 1:30p-6p
	OPEN GYM 2:00p-5:30p	OPEN GYM 2:00p-5:30p				
	OPEN GYM 5:30p-9:50p	OPEN GYM 5:30p-9:50p	OPEN GYM 7:30p-9:50p			

GYM A (NEAR FITNESS CENTER) SCHEDULE

MAR 27TH-31ST

SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:30a-8:50p	OPEN GYM 5:30a-8:50p	OPEN GYM 5:30a-8:50p	OPEN GYM 5:30a-8:50p	OPEN GYM 5:30a-8:50p	OPEN GYM 7:00a-8:30a	OPEN GYM 7:00a-6:00p
OPEN GYM 9:00a-12:00p	OPEN GYM 9:00a-12:00p	OPEN GYM 9:00a-12:00p	OPEN GYM 9:00a-5:00p	OPEN GYM 9:00a-12:00p	Hawk Program 9:00a-12:30p	
OPEN GYM 12:00p-9:50p	OPEN GYM 12:00p-9:50p	OPEN GYM 12:00p-9:50p	Hawk Program 5:00p-7:30p OPEN GYM 7:30p-9:50p	OPEN GYM 12:00p-8:50p	OPEN GYM 12:30p-7:00p	

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!