

## COMMUNITY CENTER OPEN GYM

14603 HAYES ROAD

Please wear non-marking soled athletic shoes in the gymnasium. **NO BLACK SOLED SHOES**, street shoes or boots are permitted in the gymnasium.

Call the Open Gym Hotline at **952-953-2399** (option 2) to verify the gym schedule, as tournaments are occasionally held at the Community Center.

### 2 & Under Tot Time Open Gym

Ages 2 & under with accompanying adults

**Monday, Wednesday, Friday; 9:00-9:30am**

**Free**

We've added an extra ½ hour for our very youngest participants in Pre-School Open Gym! The "2 & Under Tot Time" will allow the youngest tots time to enjoy the gym and equipment, with less participants, especially older tots who can be a bit intimidating to the age 2 & under tots!

**NOTE:** Only tots that are 2 years & under can participate during this ½ hour; all tots 5 & under can join in the fun at 9:30am.

### Pre-School Open Gym

Ages 5 & under with accompanying adults

**Monday, Wednesday & Friday; 9:30-11:00am**

**Free**

Here's a great place for parents to meet other parents. Youth ages 5 & under can "run-off" some energy, play with other kids, develop motor skills and coordination, and it's all free! All pre-schoolers must be accompanied by a parent or guardian. Supervision of this program is the responsibility of the parent or guardian. All participants are asked to wear tennis shoes in the gym; please no street shoes. **NOTE:** This program is year-round and is for pre-school aged children only. Please do not bring snacks and drinks into the gym!

### Youth Open Gym

Ages 10-18

**Saturday; 2:00-7:00pm**

**Sunday; 12:30-3:30pm**

**Monday-Friday; 12:30-5:30pm**

**Free**

Youth ages 10 to 18 (2014 high school graduates and younger) can come to play informal recreational basketball. The courts will be available for practice shooting or pick-up games on your own. Team practice or play is not allowed. Children under age 10 must be supervised by a non-participating adult. Participants in grades 6-12 must provide their current year school ID from a ISD 196 school to gain entry.

### Family Open Gym

Ages 17 & under with parent

**Saturday; 8:30am-1:30pm**

**Sunday; 4:00-7:00pm**

**Free**

The whole family can participate in informal recreational basketball. The courts will be available for practice shooting or pick-up games on your own. Team practice or play is not allowed. Families of two or more are welcome (adults with their children or spouse); no individuals. Children 17 years of age or younger must be accompanied by a parent. The parent must actively participate on the court with the child.

### Adult Open Pickleball

Age 18 & over

**Monday-Friday; 9:00am-12:30pm**

**\$3 per person or \$30 for a 10 admission punch card**

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The court size is the same as badminton, however the net is lower than most racquet sports allowing for faster play. The game is played with a hard paddle and a whiffle ball. Free paddle and ball check out is available with a photo ID deposit.

### Adult Open Volleyball

Ages 18 & over

**Saturday & Sunday, year-round; 3:00-6:00pm** (3 courts)

**Monday, year-round; 6:30-9:30pm** (6 courts)

**\$3 per person per date (players and spectators) –OR- \$30 for a Punch Card**

Whether you want to practice the fundamentals or just want to get in some fun exercise, you'll enjoy our informal open volleyball program. All skill levels are welcome to participate. Courts will be shared equally between all participants in attendance. This is an adult program; children will not be permitted in the gyms, and unsupervised children under age 10 may not be brought to the Community Center.

Saturday & Sunday: 63 player capacity at one time.

**NOTE:** Participants are required to fill out a "Participant Registration Card", show an ID, and pay the \$3 fee prior to participation. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@cityofapplevalley.org or call **952-953-2316**.