

NORTHBROOK PARK DISTRICT

OPEN GYM TIMES

Techny Prairie Activity Center
March 2024

Open Gym Times are for Techny Prairie Activity Center, 180 Anets Drive unless noted in **green** for Greenbriar Gym, (GB) 1225 Greenbriar Lane.

***Subject to change. Please visit www.nbfitness.org/gymnasium-open-gym/ for updated schedule.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Open Gym 5:30am-8:00am Open Pickleball 12:00pm-2:00pm 2:00pm-3:50pm (Half) 8:05pm-9:35pm	2 Gym unavailable
3 Open Gym 12:30pm-1:30pm Open Basketball 3:15pm-4:40pm	4 Open Gym 5:30am-8:00am 1:00pm-2:30pm (Half) Open Pickleball 9:00am-10:30am (Half) Parent-Tot Open Gym 11:30am-1:00pm (Half) Open Basketball 3:00pm-4:30pm	5 Open Gym 5:30am-8:00am 2:05pm-3:30pm Open Pickleball 12:35pm-2:05pm	6 Open Gym 5:30am-8:00am 12:30pm-2:30pm (Half) Open Pickleball 9:00am-10:50am 11:00am-1:00pm (Half) 6:30pm-8:00pm	7 Open Gym 5:30am-8:00am Open Pickleball 9:00am-11:00am (Half) 2:00pm-3:30pm 8:00pm-9:30pm (GB) Open Basketball 4:20pm-5:50pm	8 Open Gym 5:30am-8:00am Open Pickleball 12:00pm-2:00pm 2:00pm-3:30pm (Half) 8:05pm-9:35pm Open Volleyball 4:00pm-6:00pm	9 Open Gym 12:15pm-1:00pm 4:00pm-4:45pm
10 Open Pickleball 12:30pm-2:00pm Open Basketball 3:00pm-5:00pm	11 Open Gym 5:30am-8:00am 1:00pm-2:30pm (Half) Open Pickleball 9:00am-10:30am (Half) Parent-Tot Open Gym 11:30am-1:00pm (Half) Open Basketball 3:00pm-4:30pm	12 Open Gym 5:30am-8:00am 2:05pm-3:30pm Open Pickleball 12:35pm-2:05pm	13 Open Gym 5:30am-8:00am 12:30pm-2:30pm (Half) Open Pickleball 9:00am-10:50am 11:00am-1:00pm (Half) 6:30pm-8:00pm	14 Open Gym 5:30am-8:00am Open Pickleball 9:00am-11:00am (Half) 2:00pm-3:30pm Open Basketball 4:20-5:50pm	15 Open Gym 5:30am-8:00am Open Pickleball 8:00am-10:00am (Half) 12:00pm-2:00pm 2:00pm-3:30pm (Half) 8:05pm-9:35pm Open Volleyball 4:00pm-6:00pm	16 Open Basketball 12:20pm-2:20pm Open Pickleball 2:30pm-4:30pm Open Gym 4:30pm-6:00pm
17 Open Pickleball 12:30pm-2:00pm Open Gym 2:00pm-2:45pm 4:45pm-7:00ppm Open Basketball 2:45pm-4:45pm (Half)	18 Open Gym 5:30am-8:00am 1:00pm-2:30pm (Half) Open Pickleball 9:00am-10:30am (Half) Parent-Tot Open Gym 11:30am-1:00pm (Half) Open Basketball 3:00pm-4:30pm	19 Open Gym 5:30am-8:00am 2:05pm-3:30pm Open Pickleball 12:35pm-2:05pm	20 Open Gym 5:30am-8:00am 12:30pm-2:30pm (Half) Open Pickleball 9:00am-10:50am 11:00am-1:00pm (Half) 6:30pm-8:00pm	21 Open Gym 5:30am-8:00am Open Pickleball 9:00am-11:00am (Half) 2:00pm-3:30pm 8:00pm-9:30pm (GB) Open Basketball 4:20pm-5:50pm	22 Open Gym 5:30am-8:00am Open Pickleball 8:00am-9:00am (Half) 12:00pm-2:00pm 2:00pm-3:30pm (Half) Open Volleyball 4:00pm-6:00pm	23 Open Pickleball 5:00pm-7:00pm
24 Open Gym 8:45am-10:00am 11:00am-12:00pm Open Basketball 2:45pm-4:45pm (Half)	25 Open Gym 5:30am-8:00am Youth Open Basketball 3:15pm-5:15pm Open Pickleball 5:20pm-7:20pm Pickup Adult Basketball 7:30pm-9:00pm	26 Open Gym 5:30am-8:00am Youth Open Basketball 3:15pm-5:15pm Open Pickleball 5:20pm-7:20pm Pickup Adult Basketball 7:30pm-9:00pm	27 Open Gym 5:30am-8:00am Youth Open Basketball 3:15pm-5:15pm Open Pickleball 5:20pm-7:20pm Pickup Adult Basketball 7:30pm-9:00pm	28 Open Gym 5:30am-8:00am Youth Open Basketball 3:15pm-5:15pm Open Pickleball 5:20pm-7:20pm Pickup Adult Basketball 7:30pm-9:00pm	29 Open Gym 5:30am-8:00am Youth Open Basketball 3:15pm-5:15pm Open Pickleball 5:20pm-7:20pm Pickup Adult Basketball 7:30pm-9:00pm	30 Open Pickleball 9:05am-11:05am 1:15pm-3:15pm 5:30pm-7:00pm Open Basketball 11:10am-1:10pm 3:20pm-5:20pm
31 Open Pickleball 8:50am-10:50am Open Basketball 11:00am-1:00pm						

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



Open Gym Information

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. 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.

Parent-Tot (Ages 1-4): Space will be available for parents and tots to come in and enjoy free play using equipment provided such as gymnastic mats and balls of all types to help build basic motor skills.

Open gym is included with TPAC membership.

Open gym fee for non-members: Resident \$7/Non-resident \$9

Swipe Card: Resident \$63/Non-resident \$81

Schedules:

- Open gym schedules are subject to change monthly based on availability. Check nbfitness.org/gymnasium-open-gym/ 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.

