

# WEST GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:30am Pickleball	6:00-8:30am Pickleball	6:00-8:30am Pickleball	6:00-8:30am Pickleball	6:00-9:00am Pickleball	7:00am-6:30pm Open Gym	11:00am-1:00pm Full Court Games
9:00-11:00am Fitness Class	9:00-10:45am Open Gym	9:00-11:00am Fitness Class	9:00-11:30am Open Gym	9:00am-2:30pm Open Gym	6:30-8:00pm Family Open Gym	1:00-6:00pm Open Gym
11:15am-6:30pm Open Gym	10:45am-12:00pm Pickleball Drill	11:15am-3:00pm Open Gym	11:30am-2:00pm Pickleball Drill	2:30-3:30pm Adv. Pickleball		
6:30-9:00pm Volleyball	12:00-3:00pm Adv. Pickleball	3:00-5:00pm Pickleball	2:15-5:45pm Open Gym	3:30-5:00pm Pickleball		
	3:00-5:45pm Open Gym	5:00-9:00pm Open Gym	6:00-9:00pm Basketball League	5:00-9:00pm Open Gym		
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Schedule can change without notice. Please allow time between activities.

**Over 70 hours of Open Gym per Week**

## RULES

- No food or drink allowed in gym.
- Please wear non-marking gym shoes and clothing.
- No swim suits, bare feet, or flip flops.
- Baseballs, lacrosse, and other balls of similar size are not allowed in gym.
- No full court games during Family Open Gym or when East Gym has a club activity.

*Lake Shore*  
**ATHLETIC CLUB**