

WEST GYM SCHEDULE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------|-------------------------------------|--------------------------------|------------------------------------|--------------------------------|--------------------------------|------------------------------------|
| 6:00-8:30am Pickleball | 6:00-9:00am Pickleball | 6:00-8:30am Pickleball | 6:00-9:00am Pickleball | 6:00-9:00am Pickleball | 7:00am-2:00pm Open Gym | 11:00am-1:00pm Full Court Games |
| 9:30-10:30am Fitness Class | 9:00-10:45am Open Gym | 10:00-11:30am Fitness Class | 9:00am-11:30am Open Gym | 9:00-2:30pm Open Gym | 2:00-4:00pm Volleyball | 1:00-6:00pm Open Gym |
| 10:30am-6:30pm Open Gym | 11:00am-12:00pm Pickleball Drill | 11:30am-3:00pm Open Gym | 11:45am-2:00pm Pickleball Drill | 2:30-3:30pm Adv. Pickleball | 4:00-6:30pm Open Gym | |
| 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 | 6:30-8:00pm Family Open Gym | |
| | 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