

Lemont Park District CORE Field House Weekly Schedule

Monday 8/2

Youth Open Gym	9am -10:30am	Court 1
Men's Open Gym	6:30 - Close	Courts 1 & 2

Tuesday 8/3

Cardio Step Blast	9 - 10am	Court 1
Adult Karate	6:30 - 7:30pm	Court 1
Youth Karate	6:30 - 7:30pm	Court 1
Youth Open Gym	9am -10:30am	Court 2

Wednesday 8/4

Cardio Box	9 - 10am	Court 1
Youth Open Gym	9am -10:30am	Court 2
All Ages Open Gym	3pm - 6pm	All Courts

Thursday 8/5

Step N Strength	9 - 10am	Court 1
Adult Karate	6:30 - 7:30pm	Court 1
Youth Karate	6:30 - 7:30pm	Court 1
Youth Open Gym	9am -10:30am	Court 2
All Ages Open Gym	6pm - 9pm	All Courts

Friday 8/6

Advance Cardio Strength	9:15 - 10:15am	Court 1
Youth Open Gym	9am -10:30am	Court 2

Saturday 8/7

Boot Camp	8 - 9:15am	Court 1
All Ages Open Gym	10am - 2pm	All Courts

Sunday 8/9

Core Memebers Only	Open - Close	All Courts
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ADDITIONAL INFORMATION

Core Members - Courts can be used anytime they are available & during age appropriate Open Gym times. No supervision is required for CORE Members.

Open Gym Pass Holders - Can use pass during the age appropriate Open Gym times. Can also participate during CORE Member only times as long as CORE Member is directly supervising them. Supervision is always required.

Walk-ins - Have access to the field house during age appropriate Open Gym posted times only. Supervision is always required.

Open Gym Sessions - Each Open Gym session will require a wristband & payment for each session listed. Members & Pass Holders should obtain the correct wristband for each session.

Wristbands should be worn during all Open Gym times. CORE Members Open Gym Pass Holders can obtain a wristband or have member ID available

Schedule subject to change