



# DROP IN GYM SCHEDULE

WINTER 2019/2020

Southwest Community Center • 6820 SW 45th Avenue • 503-823-2840

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM	Circuit Training 5:30-8am	Circuit Training 5:30-8am	Circuit Training 5:30-8am	Circuit Training 5:30-8am	Circuit Training 5:30-8am		
7AM						30+ Team Play 7-9:30am	
8AM							
9AM	Indoor Park *** 8:30am - 11:30am		Gym Unavailable		Indoor Park *** 8:30am - 11:30am		All Ages Open Gym 9am-4pm
10AM		Indoor Park *** 9:30am - 2:00pm			Indoor Park *** 9:30am - 2:00pm		
11AM	Gym Unavailable				Gym Unavailable		
12PM	18+ adult basketball* 12 -2pm		18+ adult basketball* 12 -2pm		18+ adult basketball* 12 -2pm		
1PM			Indoor Park 1:30pm - 3:00pm				
2PM						All Ages Open Gym 2-7pm	
3PM							
4PM	Gym Unavailable	Gym Unavailable	Gym Unavailable	Gym Unavailable	Gym Unavailable		30+ Team Play 4-6pm
5PM							
6PM							
7PM							
8PM	16+ Pickle Ball 7:30-9:30pm	16+ Rec Volleyball** 7:30-9:30pm	16+ Pickle Ball 7:30-9:30pm	16+ Rec Volleyball** 7:30-9:30pm			
9PM							

Hours and dates subject to change. Gym times may vary depending on private rentals.

Groups are not permitted to use Open Gym time for practices.

Call 503-823-2850 and speak with a coordinator to learn about our new Gym Practice Rental Policy.

Pickle Ball: Open for all skill levels (16+) to enjoy Pickle ball, badminton, table tennis.

\*Adult Basketball from 12:00-2:00pm is subject to cancellation on no school days for Kids' Day Off programming.

\*\*Open Rec Volleyball is open for all skill levels (16+) to enjoy. No more than 30 players per night.

\*\*\*No Indoor Park 12/23 -1/3, 1/20, 2/17, 3/23-3/27

