



# DROP IN GYM SCHEDULE

SUMMER 2019

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	Gym Unavailable 8am-6pm	Gym Unavailable 8am-6pm	Gym Unavailable 8am-6pm	Gym Unavailable 8am-6pm	Gym Unavailable 8am-9:30pm							
9AM										All Ages Open Gym 9am-4pm		
10AM												
11AM												
12PM												
1PM												
2PM												
3PM												
4PM											All Ages Open Gym 2-7pm	30+ Team Play 4-6pm
5PM												
6PM												
7PM												
8PM	Community Night* 7:30-9:30	All Ages Basketball 7:30-9:30	16+ Rec Volleyball** 7:30-9:30pm	Community Night* 7:30-9:30	All Ages Basketball 7:30-9:30	16+ Rec Volleyball** 7:30-9:30pm						
9PM												
10PM												

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.  
 \*Check our Community Night Schedule for specific activities happening in the Gym Weekly.  
 \*\*Open Rec Volleyball is open for all skill levels (16+) to enjoy. No more than 30 players per night.

