


# JAN. 2023 | ADULT OPEN GYM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO OPEN GYMS	2 NO OPEN GYMS	3 NO OPEN GYMS	4 PICKLEBALL 9:00AM – 12:00PM ADULT VOLLEYBALL 12:00PM-2:30PM	5 NO OPEN GYMS	6 PICKLEBALL 9:00AM – 12:00PM	7 NO OPEN GYMS
8 ADULT BASKETBALL 8:00AM – 11:00AM BADMINTON 8:00AM – 11:00AM	9 PICKLEBALL *9:30AM – 12:30PM <i>*Please note later start time</i>	10 NO OPEN GYMS	11 PICKLEBALL 9:00AM – 12:00PM ADULT VOLLEYBALL 12:00PM-2:30PM	12 NO OPEN GYMS	13 PICKLEBALL 9:00AM – 12:00PM	14 NO OPEN GYMS
15 ADULT BASKETBALL 8:00AM – 11:00AM BADMINTON 8:00AM – 11:00AM	16 PICKLEBALL *9:30AM – 12:30PM <i>*Please note later start time</i>	17 NO OPEN GYMS	18 PICKLEBALL 9:00AM – 12:00PM ADULT VOLLEYBALL 12:00PM-2:30PM	19 NO OPEN GYMS	20 PICKLEBALL 9:00AM – 12:00PM	21 NO OPEN GYMS
22 ADULT BASKETBALL 8:00AM – 11:00AM BADMINTON 8:00AM – 11:00AM	23 PICKLEBALL *9:30AM – 12:30PM <i>*Please note later start time</i>	24 NO OPEN GYMS	25 PICKLEBALL 9:00AM – 12:00PM ADULT VOLLEYBALL 12:00PM-2:30PM	26 NO OPEN GYMS	27 PICKLEBALL 9:00AM – 12:00PM	28 NO OPEN GYMS
29 ADULT BASKETBALL 8:00AM – 11:00AM BADMINTON 8:00AM – 11:00AM	30 PICKLEBALL *9:30AM – 12:30PM <i>*Please note later start time</i>	31 NO OPEN GYMS	<p><b>NEW PAYMENT &amp; CHECK-IN PROCESS</b>            Participants who do not hold an active 4500 Fitness Membership will be required to purchase a 5-, 10- or 20- visit pass to participate. <u>Visit passes never expire.</u> <b>ALL participants</b> should check-in no earlier than 5 minutes prior to the open gym time to receive their wristband.</p>		 <p><b>Downers Grove</b> Park District your chance to play</p>	

CLICK ON THE LINK TO PURCHASE YOUR VISIT PASSES ON-LINE - [OPEN GYM VISIT](#)

Youth Basketball – Ages 7 to 17 years  
 Adult Basketball – Ages 18 years & up  
 Badminton & Pickleball – Ages 14 years & up