



# October 2025 Adult & Youth Open Gym Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YOUTH BASKETBALL</b>		3:00 – 5:00 pm <i>12:00 - 4:30 pm 10/13 only</i>			5:30 – 7:00 pm	
<b>YOUTH VOLLEYBALL</b>				4:00 - 6:00 pm		4:00 – 6:00 pm
<i>Fitness Members Only</i> <b>ADULT PICKLEBALL</b>		6:00 - 8:00 am		6:00 - 8:00 am		6:00 - 8:00 am
<i>Open Gym</i> <b>ADULT PICKLEBALL</b>		8:00 - 11:00 am		8:00 - 11:00 am		8:00 - 11:00 am
<b>ADULT VOLLEYBALL</b>				12:00 - 2:30 pm		12:00 - 2:30 pm
<b>ADULT BASKETBALL</b>	7:30 - 10:00 am <i>10/5 and 10/12 only</i>				7:00 - 8:30 pm	
<b>BADMINTON</b>	8:00 - 10:00 am <i>10/5 and 10/12 only</i>					
<b>WOMEN'S BASKETBALL</b>						6:30 - 8:30 pm

### There are 3-ways to pay during Open Gym time

1. Your active 4500 Fitness membership includes free admission to open gyms
2. Purchase a one-day visit pass for \$10
3. Purchase a multi-visit pass and save! Multi-visit passes are available in 5-, 10- & 20- visits

Youth Open Gym participants will not be allowed entry without a visit pass purchased by a parent or legal guardian. Visit passes can be purchased online at [dgparks.org](http://dgparks.org) or in-person at our Fitness Desk.

## Admission

### There are three ways to pay during open gym times

- Your active 4500 Fitness membership includes free admission to open gyms. Purchase a one-day visit pass (\$10)
- Purchase a multi-visit pass and save! Multi-visit passes are available in 5-, 10- & 20- visits.

Paid admission allows entry into the gymnasium only for one specific open gym program. Other areas of the Recreation Center may be used at an additional fee.

**Multi-visit passes cannot be shared. Each participant must hold their own multi-visit pass.**

## Residency Requirements

Residency in the Downers Grove Park District is based on tax allocations and residential proof. Residents must provide verification of residency within Downers Grove Park District boundaries to receive resident rates when purchasing passes or paying the daily fee. Without proof of residency, the non-resident rate will be charged. Nonresidents may purchase an open gym pass or pay the daily fee at the nonresident rate. Nonresidents who work in Downers Grove **will not** be considered in-district for Open Gym multi-visit passes or daily fees.

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## Badminton

Courts are set up for double play. Additional courts may be added depending on Park District programming and number of attendees.

Ages: 14 years & up

## Pickleball

Courts are set up for doubles play.

NEW! Fitness Members may attend Open Gym hours on Monday, Wednesday & Friday from 6:00 – 8:00 am and stay for regular Open Gym hours offered.

- A limited number of paddles & balls will be available for use.
- Park District programming will dictate additional available court usage and will vary based on gym space needed for programming.

Ages: 14 years & up

## YOUTH Basketball & Volleyball

Participants attending a Youth Open Gym will not be allowed entry without a 1-, 5 - or 10- multi-visit pass purchased by a parent or legal guardian.

- Upon check-in, participants will be given a wristband that must be worn during the entire open gym time. Anyone not wearing a wristband may be asked to leave the gym.

- Gym shoes must be worn at all times

Ages: 7 – 17 years.

## ADULT Basketball & Volleyball

An ID must be provided upon request for Residency verification. Those who cannot prove Park District residency will pay nonresident fees.

- Gym shoes must be worn at all times

Ages: 18 years & Up.

## BASKETBALLS

Please bring your own basketball to Open Gym. Due to the number of basketballs that have been lost or stolen, the Park District will no longer supply them.