

# UPPER PROVIDENCE RECREATION CENTER

## GYM SCHEDULE

### March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 8:00am-10:30am	<b>Open Gym</b> 8:00am-5:30pm	<b>Open Gym</b> 8:00am-9:00am	<b>Open Gym</b> 8:00am-9:00am	<b>GEX Class</b> 8:15am-9:00am	<b>Adult Basketball Gym 2</b> 8:00am-10:00am	<b>Adult Basketball Gym 2</b> 8:00am-10:00am
		<b>GEX Class</b> 9:00am-9:45am		<b>Open Gym</b> 9:15am-10:30am	<b>Open Gym 1</b> 8:00am-10:00am	<b>Open Gym 1</b> 8:00am-10:00am
<b>GEX Class</b> 11:00am-11:45am		<b>Open Gym</b> 10:00am-12:30pm		<b>Pickleball</b> 11:00am-1:00pm	<b>Open Gym</b> 10:00am-12:00pm	<b>Open Gym</b> 10:00am-12:00pm
<b>Open Gym</b> 12:00pm-5:00pm		<b>Pickleball</b> 1:00pm-3:00pm	<b>Open Gym</b> 1:00pm-5:30pm	<b>Open Gym</b> 1:00pm-8:00pm		
<b>PROGRAMMING</b> 5:00pm-6:30pm		<b>Open Gym 1</b> 3:00pm-7:00pm				<b><i>Gym will be closing at 3pm on Friday March 27th, 2020.</i></b>
<b>Open Gym 2</b> 5:00-7:00pm		<b>Volleyball Gym 2</b> 4:00pm-8:00pm				
<b>Adult Basketball</b> 7:00pm-9:00pm	<b>PROGRAMMING</b> 6:00pm-9:00pm	<b>Adult Basketball Gym 1</b> 7:00pm-9:00pm	<b>PROGRAMMING</b> 6:00pm-9:00pm			

*\*All times are subject to change without notice. We reserve the right to rent, hold activities and classes, and for any other reason we deem necessary. Please call 484-391-2390 to check availability.*

499 Hopwood Rd.  
Collegeville, PA 19426  
www.uptrc.com



## **Definitions**

- Open Gym – The gym is open to all with NO organized/game sports play. Members under the age of 14 must have a parent or guardian present.
- GEX Class - Gym being utilized for group exercise class, see Group Exercise class schedule for details.
- Adult Basketball– Only 18 and older are permitted to play in the gym during this time.  
Pickleball - paddle ball sport that combines elements of tennis, badminton, and table tennis.
- Programming - The gym is being used for an UPTRC event, local youth organizations and community based programs.

## **Rules, Regulations, & Information**

1. Must check in at the front desk to either scan a valid membership card or purchase open gym/day pass upon entering the building.
2. Guest Policy: Guest must sign waiver and follow all UPTRC rules and regulations while on the premises. Members are responsible at all times for the actions of their guest.
3. Proper non-marking athletic shoes and full shirts (no sleeveless shirts or bare midriffs- this includes tank tops, sports bras, cut offs, etc.) are required in all areas of UPTRC.
4. UPTRC is not responsible for any lost or stolen items.
5. Food and drinks (with the exception of closed water bottles) are not permitted in the gym, this includes no chewing gum.
6. No fighting, inappropriate language, antagonistic behavior, and related actions.
7. Sharing of the court is expected. Universal rules of good conduct, fair play and good sportsmanship must be followed at all times.
8. Dunking or hanging on basketball rims or nets and volleyball nets is strictly prohibited.
9. Full court games are permitted only during specified times.
10. No organized instruction, coaching or training is allowed in this facility except by authorized personnel.
11. Only balls and equipment supplied by UPTRC are permitted for use in the gymnasium.
12. Half and Full Court gym rentals are available. Please see the Recreation Coordinator for details.