THE HAWK
FARMINGTON HILLS COMMUNITY CENTER

GYM C SCHEDULE

OCTOBER 12 – DECEMBER 20, 2026

*THANKSGIVING – CLOSED 10/26

SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		OPEN GYM 5:30a-8:30a			**OPEN GYM** 7:00a-9:00a	
		OPEN GYM 8:30a-12:00p			**FAMILY TIME** 9:00a-1:00p Family/Parent with children under 12	
		OPEN GYM 12:00p-3:00p			**OPEN GYM** 1:00p-4:00p	
RECREATION PROGRAMMING 3:00p-8:45p	**RECREATION PROGRAMMING** 3:00p-7:30p **RECREATION PROGRAMMING** 7:30p-8:45p	**RECREATION PROGRAMMING** 3:00p-8:45p	**RECREATION PROGRAMMING** 3:00p-7:30p **RECREATION PROGRAMMING** 7:30p-8:45p	**OPEN GYM** 3:00p-8:45p	**OPEN GYM** 4:00p-6:45p	**OPEN GYM** 4:00p-5:45p
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**	**SUNDAY**

THE HAWK
FARMINGTON HILLS COMMUNITY CENTER

GYM B SCHEDULE

OCTOBER 12 – DECEMBER 20, 2026

*THANKSGIVING – CLOSED 10/26

SUBJECT TO CHANGE

<table>
<tr><th>MONDAY</th><th>TUESDAY</th><th>WEDNESDAY</th><th>THURSDAY</th><th>FRIDAY</th><th>SATURDAY</th><th>SUNDAY</th></tr>
<tr><td colspan="5">OPEN GYM
5:30a-8:30a</td><td>OPEN GYM
7:00a-9:00a</td><td>OPEN GYM
8:00a-9:00a</td></tr>
<tr><td colspan="5">PICKLEBALL
8:30a-12:00p</td><td colspan="2" rowspan="2">RECREATION PROGRAMMING
9:00a-1:00p</td></tr>
<tr><td>OPEN GYM
12:00p-5:00p</td><td>OPEN GYM
12:00p-5:00p</td><td>OPEN GYM
12:00p-5:00p</td><td>OPEN GYM
12:00p-5:00p</td><td>OPEN GYM
12:00p-8:00p</td></tr>
<tr><td>OPEN GYM
5:00p-8:45p</td><td>RECREATION PROGRAMMING
5:00p-8:45p</td><td>OPEN GYM
5:00p-8:45p</td><td>RECREATION PROGRAMMING
5:00p-8:45p</td><td>OPEN GYM
8:00p-8:45p</td><td>OPEN GYM
1:00p-6:45p</td><td>OPEN GYM
1:00p-5:45p</td></tr>
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THE HAWK
FARMINGTON HILLS COMMUNITY CENTER

GYM A SCHEDULE

OCTOBER 12 – DECEMBER 20, 2026

*THANKSGIVING – CLOSED 10/26

SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30a-8:50a					**OPEN GYM** 7:00a-9:00a	**OPEN GYM** 8:00a-9:00a
PICKLEBALL 8:30a-12:00p						
OPEN GYM 12:00p-5:00p					**RECREATION PROGRAMMING** 9:00a-1:00p	
OPEN GYM 5:00p-845p	**OPEN GYM** 5:00p-845p	**OPEN GYM** 5:00p-845p	**OPEN GYM** 5:00p-845p	**OPEN GYM** 5:00p-845p	**OPEN GYM** 1:00p-6:45p	**OPEN GYM** 1:00p-5:45p
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

THE HAWK

Gym Info/Descriptions:

- Facility Holiday hours are limited. Please call ahead for open gym times (248) 699-6700.
- HAWK staff reserves the right to make changes to the schedules as needed.
- Facility, Gym, and open play rules must always be adhered to.

Hawk Gymnasium Rules

- To ensure safety for all ages, pass required to access the Gymnasium. Age requirements below:
    - Ages 12 and older have access to the Gymnasium
    - Ages 11 and younger are permitted in the Gymnasium, when accompanied by an adult (18 or older), or in a scheduled program.
- To ensure a safe and enjoyable Gymnasium experience for all:
    - Be respectful to The Hawk staff and follow staff instructions.
    - Please adhere to scheduled events and activities on the calendar.
    - No gym, food, or drinks permitted in the gym except water in a closed container. Food and other beverages may be consumed in designated areas only.
    - Proper athletic attire, including shirts, shorts and non-marking gym shoes must always be worn. No bare feet, flip flops, sandals, dress shoes, wheels, or skates etc.
    - Absolutely no organized coaching, practices or instruction permitted on The Hawk property unless authorized by facility management.
    - No dunking, hanging on the rims or net.
    - All equipment is to be used in the proper way; no kicking or sitting on volleyballs, or basketballs. Please return equipment to the proper location following use.
    - No Bluetooth speakers allowed. Use of headphones at an appropriate level for music/podcasts/streaming services allowed. Please keep streaming family friendly.
    - The City of Farmington Hills is not responsible for lost or stolen items.
    - Gym bags, coats, clothing, and other articles should be kept in the locker room using daily use lockers.
    - Foul language, "trash talking," taunting and verbal intimidation is not tolerated.
    - Fighting is strictly prohibited. Anyone fighting may be suspended from The Hawk. No refunds will be issued.
    - Good sportsmanship is always expected. The Hawk reserves the right to suspend anyone for not following the rules.
    - Have fun!