

GYM C SCHEDULE

SEPTEMBER 2 – OCTOBER 31, 2026

*LABOR DAY 9/7: ALL GYMS OPEN – 6:30AM-1:30PM

*HAWK OPEN HOUSE 10/17: ALL GYMS CLOSED 12PM-4PM

SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30a-8:50a					OPEN GYM 7:00a-9:00a	
OPEN GYM 9:00a-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 3:00p-8:45p	RECREATION PROGRAMMING 3:00p-7:30p	OPEN GYM 3:00p-8:45p	OPEN GYM 4:00p-6:45p	OPEN GYM 4:00p-5:45p
	RECREATION PROGRAMMING 7:30p-8:45p		RECREATION PROGRAMMING 7:30p-8:45p			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

GYM B SCHEDULE

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OPEN GYM 5:30a-8:50a					OPEN GYM 7:00a-9:00a	OPEN GYM 8:00a-9:00a
OPEN GYM 9:00a-1:00p					RECREATION PROGRAMMING 9:00a-1:00p	
OPEN GYM 1:00p-5:00p	OPEN GYM 1:00p-5:00p	OPEN GYM 1:00p-5:00p	OPEN GYM 1:00p-5:00p	OPEN GYM 1:00p-8:00p		
OPEN GYM 5:00p-8:45p	RECREATION PROGRAMMING 5:00p-8:45p	OPEN GYM 5:00p-8:45p	RECREATION PROGRAMMING 5:00p-8:45p	OPEN GYM 8:00p-8:45p	OPEN GYM 1:00p-6:45p	OPEN GYM 1:00p-5:45p
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GYM A SCHEDULE

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OPEN GYM 9:00a-1:00p						
OPEN GYM 1:00p-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

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!