

# September 2024 West Field House Drop-In Programs & Open Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	5 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 6-9pm	6 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	7 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
8 <b>SKIP DAY</b>	9 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	10	11 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	12 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 6-9pm	13 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	14 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
15 Fitness Center 9am-1pm Walking Track 9am-1pm Open Gym 9am-1pm	16 <b>SKIP DAY</b>	17	18 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	19 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 6-9pm	20 <b>SKIP DAY</b>	21 <b>SKIP DAY</b>
22 Fitness Center 9am-1pm Walking Track 9am-1pm Open Gym 9am-1pm	23 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	24	25 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	26 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 6-9pm <b>(LWW Volleyball CT 6-8pm)</b>	27 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	28 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
29 Fitness Center 9am-1pm Walking Track 9am-1pm Open Gym 9am-1pm	30 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm <b>(LWW Volleyball CT 6-8pm)</b>					

**Daily Drop-in Rate: \$10 (Lincoln-Way Residents) - \$20 (Non Lincoln-Way Residents).**

**Walking Track is FREE to Lincoln-Way Residents. Non Lincoln-Way Residents must pay \$5 per visit.**

**The Field House hours may end earlier due to lack of attendance, patrons are encouraged to arrive at the program's start time.**

**Due to circumstances beyond our control, additional skip days may be added.**