

October 2024 West Field House Drop-In Programs & Open Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Fitness Center 7-9pm Walking Track 7-9pm Men's 35 & Older Basketball 7-9pm Open Gym 7-9pm (LWW Volleyball CT 6-8pm)	3 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 6-9pm	4 SKIP DAY	5 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
6 Fitness Center 9am-1pm Walking Track 9am-1pm Open Gym 9am-1pm	7 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	8	9 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	10 SKIP DAY	11 SKIP DAY	12 SKIP DAY
13 Fitness Center 9am-1pm Walking Track 9am-1pm Open Gym 9am-1pm	14 SKIP DAY	15	16 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	17 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 6-9pm	18 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	19 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
20 SKIP DAY	21 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	22	23 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	24 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 6-9pm	25 SKIP DAY	26 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
27 Fitness Center 9am-1pm Walking Track 9am-1pm Open Gym 9am-1pm	28 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	29	30 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	31 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 6-9pm		

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.