

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

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

**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.**