



Gymnasium Schedule

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Limited Open Gym	Limited Open Gym	Limited Open Gym	Limited Open Gym	Limited Open Gym	Limited Open Gym	Limited Open Gym
	Pickleball 10:00 AM - 12:00 PM		4K Fitness 9:15 AM - 9:45 AM Sept 20 & 27		Pickleball 10:00 AM - 12:00 PM	
Limited Open Gym	Limited Open Gym	Wee Soccer 5:35 PM - 6:40 PM Sept 12 - Oct 17 *outside weather permitting	Limited Open Gym	Limited Open Gym	Limited Open Gym	Limited Open Gym
	Limited Open Gym		4K Fitness 1:15 PM - 1:45 PM Sept 20			
Gym closes at 7:45 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Gym closes at 7:45 PM
	Gym closes at 8:45 PM	Open Gym	Open Gym	Open Gym	Gym closes at 7:45 PM	

Labor Day Gymnasium Hours 7:00 AM - 11:45 AM

Open Gym may be limited due to Birthday Parties and Centre Programs including:

Friday, September 15: Teen Night 5:00 PM - 8:00 PM

Facility Hours

	October - April	May - September
Monday - Thursday	4:45 AM - 10:00 PM	4:45 AM - 9:00 PM
Friday	4:45 AM - 9:00 PM	4:45 AM - 8:00 PM
Saturday - Sunday	7:00 AM - 9:00 PM	7:00 AM - 8:00 PM

Kids Kove Hours

	October - April	May - September
Monday - Saturday	8:00 AM - 12:00 PM	8:00 AM - 12:00 PM
Mon, Wed, & Thurs	4:15 PM - 8:15 PM	4:15 PM - 8:15 PM
Tuesday & Friday	4:15 PM - 7:45 PM	4:15 PM - 7:45 PM
Sunday	10:30 AM - 1:00 PM	Closed

Please note that all program areas close 15 minutes before the facility.

For information on renting the gym please contact

Colleen Davis, Communications Manager
715-246-2252 or cdavis@nrcentre.com

Gymnasium Rules

Be aware of your surroundings. Safety is our #1 concern.

No horseplay, pushing, or shoving.

Be polite, courteous, and respectful to others at all times.

Inappropriate language will NOT be tolerated. Anyone using foul language will be asked to leave the facility.

Gym shoes only. Please change shoes before entering gym.

No Heelys, bikes, skateboards, rollerblades, softballs, or baseballs allowed in the gym.

No bouncing balls in halls, off walls, or ceiling.

Hanging from the basketball net or rim is not permitted at any time.

No person shall use the gym for any activity other than its intended purposes, unless approved by the manager on duty

Outside groups using the gym are responsible for cleanup and any damage to the gym after use.

Members and Community Participants are responsible for the cost of any damages resulting from disorderly conduct or misuse of equipment.

The Centre is not responsible for any lost or stolen items. Please store belongings in lockers and remember your lock.

