

UPPER MERION COMMUNITY CENTER

431 W Valley Forge Rd., King of Prussia, PA 19406

610-265-1071

www.umtownship.org

OPEN GYM TIMES

November 2023

Mondays	Tuesdays	Wednesdays	Thursdays
<p><u>Multi-Purpose Court</u> Adult Pickleball 7:15am - 12:00pm Senior Pickleball 12:00pm - 3:00pm</p> <p><u>Court #1</u> Basketball 12:00pm - 6:45pm</p>	<p><u>Multi-Purpose Court</u> Adult Pickleball 7:15am - 12:00pm Senior Pickleball 12:00pm - 3:00pm Badminton 5:30pm - 8:45pm</p> <p><u>Court #1</u> Basketball 12:00pm - 5:00pm</p>	<p><u>Multi-Purpose Court</u> Adult Pickleball 7:15am - 12:00pm Family Pickleball 12:15pm - 4:45pm Adult Pickleball 6:30pm - 8:45pm</p> <p><u>Court #3</u> Basketball 12:00pm - 6:00pm</p>	<p><u>Multi-Purpose Court</u> Adult Pickleball 7:15am - 4:00pm Badminton 6:30pm - 8:45pm</p> <p><u>Court #3</u> Basketball 11:00am - 5:30pm Volleyball 6:00pm-8:45pm NO VOLLEYBALL 11/30</p>
Fridays	Saturdays	Sundays	<u>Open Gym</u>
<p><u>Multi-Purpose Court</u> Adult Pickleball 7:15am - 12:00pm Family Pickleball 12:30pm - 5:00pm Adult Pickleball 5:30pm - 8:45pm</p> <p><u>Court #3</u> Basketball 1:00pm - 8:45pm</p>	<p><u>Multi-Purpose Court</u> Adult Pickleball 8:30am - 12:30pm Badminton 1:00pm - 4:45pm</p> <p><u>Court #2</u> Basketball 1:00pm - 4:45pm</p> <p><u>Court #3</u> Volleyball 12:00pm - 4:45pm Adult Pickleball 8:30am-12:30pm NO PICKLEBALL 11/4 OR 11/11</p>	<p><u>Multi-Purpose Court</u> Adult Pickleball 8:30am - 11:00am Advanced Pickleball 11:15am-1:45pm</p> <p><u>Court #3</u> Adult Pickleball 8:30am - 11:00am Advanced Pickleball 11:15am-1:45pm</p> <p><u>Court #1</u> Basketball 11:00am - 4:45pm</p>	<p>No Dunking or Hanging on Rims during Open Gym Basketball</p>

Please be aware that time limits will be implemented during peak times and court sharing will be required.

UMCC Passholders will have access to the gym/courts on a first come first serve basis during the above Open Gym times. Non-Passholders may pay the Open Gym Fee to utilize the gym/courts. Resident rates apply to residents of Upper Merion Area school district. *Driver's Licenses or school ID's will be required to verify residency.

*Schedule subject to change without notice. Confirm times by calling 610-265-1071.

Open Gym Fee
 Passholders: FREE!
 Residents: \$5
 Non-Residents: \$10



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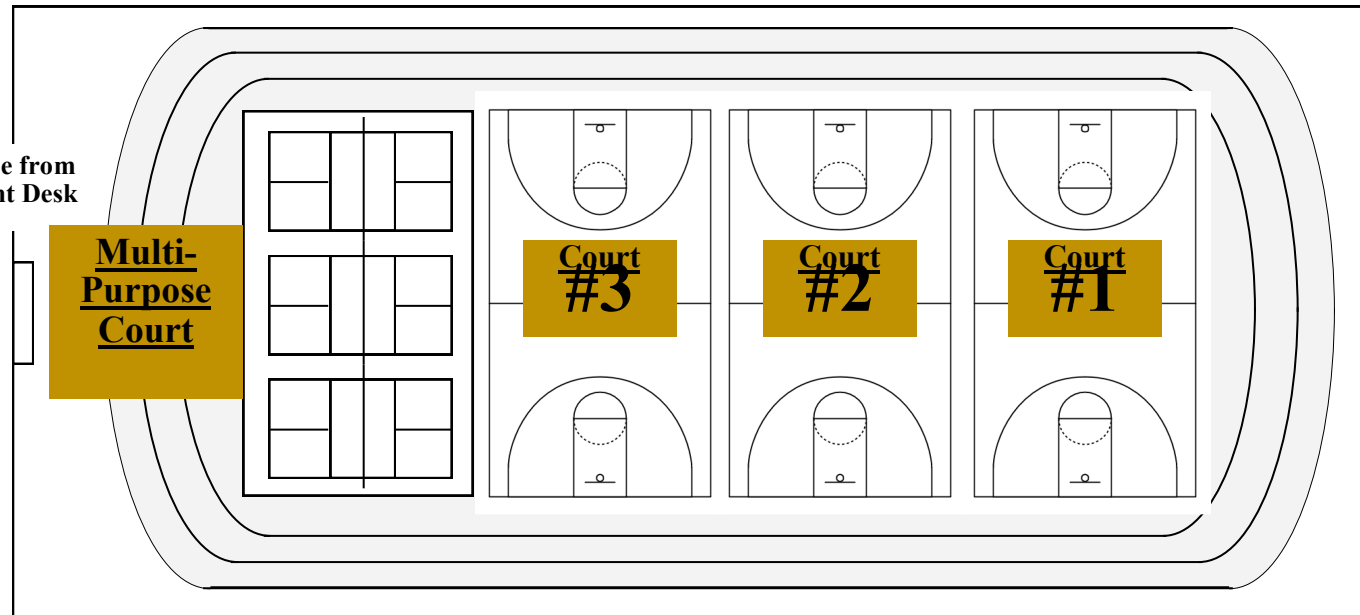


Community Center Gym Diagram

Open Gym Policies

1. Dunking and/or hanging on the rims is prohibited.
2. Clean athletic shoes and shirts are required. Street shoes are prohibited.
3. Food and glass containers are prohibited. Water is permitted in plastic drink bottles.
4. Please do not spit on the floor or in the drinking fountains.
5. The Open Gym Schedule is subject to change without notice. Please confirm times by calling 610-265-1071.
6. Basketball shooting may only be played during designated open basketball times.
7. Court sharing is required. The Community Center staff reserve the right to split all full court to half courts.
8. Time limits will be implemented during high attendance sessions.
9. Universal rules of good conduct, fair play, and good sportsmanship must be followed by all.
10. Fighting, inappropriate language, antagonistic behavior, and related actions will result in expulsion from the facility.
11. Open gym is strictly for shooting around or individual drills. No Personal Training unless done by a Parent/Guardian. If someone who is not a parent/guardian is suspected of training, they will be asked to cease the activity and may have their membership privileges suspended or revoked. Personal Training is defined as meeting any or all of the following criteria: Providing direct instruction to an individual or small group, Using training equipment (cones, agility ladders, pads, etc.), Frequent meetings, and/or Compensation of any form.
12. All participants under age 18 must have a waiver signed by a parent/guardian.
13. Ages 11 and up may participate in Open Gym without parental supervision.
14. The rules above are for your safety and enjoyment, and will be enforced by the Community Center staff. In all cases of dispute or player misconduct, their ruling is final.

Entrance from
the Front Desk



Family Pickleball Open Gym

Due to the popularity of open gym Pickleball, we have added a time for families to play together. Bring your favorite family member and have some fun!

Advanced Pickleball Open Gym

Advanced Pickleball is for individuals who have a self ranked rating of 4.0 or higher according to the USA Pickleball Association guidelines. 4.0 is categorized as: Players who have achieved improved stroke dependability with directional control on most medium speed balls and some harder hit balls. They still need to develop more depth and variety with their shots, but are exhibiting more aggressive net play, are anticipating their opponent's shots better, and are developing teamwork in doubles. A more detailed description of a 4.0 player rating can be found at: <https://usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/>