

# UPPER MERION COMMUNITY CENTER

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

610-265-1071

www.umtownship.org

## OPEN GYM TIMES

July 2024

| Mondays   | Tuesdays   | Wednesdays  | Thursdays   |
|---|--|---|---|
| <p><b><u>Multi-Purpose Court</u></b><br/>                     Adult Badminton 5:00am—7:00am<br/>                     Adult Pickleball 7:15am - 12:00pm<br/>                     Senior Pickleball 12:00pm - 3:00pm<br/>                     Family Pickleball 3:00pm-8:45pm</p> <p><b><u>Court #2</u></b><br/>                     Basketball 4:30pm - 6:30pm</p> | <p><b><u>Multi-Purpose Court</u></b><br/>                     Adult Badminton 5:00am—7:00am<br/>                     Adult Pickleball 7:15am - 12:00pm<br/>                     Senior Pickleball 12:00pm - 3:00pm<br/>                     Badminton 3:30pm - 8:45pm</p> <p><b><u>Courts #1 &amp; #2</u></b><br/>                     Basketball 4:00pm - 8:45pm</p> <p><b><u>Court #3</u></b><br/>                     Badminton 5:00pm-8:45pm</p> | <p><b><u>Multi-Purpose Court</u></b><br/>                     Adult Badminton 5:00am—7:00am<br/>                     Adult Pickleball 7:15am - 8:45pm</p> <p><b><u>Court #3</u></b><br/>                     Family Pickleball 4:30pm - 6:30pm</p>  | <p><b><u>Multi-Purpose Court</u></b><br/>                     Adult Badminton 5:00am—7:00am<br/>                     Adult Pickleball 7:15am - 4:00pm<br/>                     Badminton 5:00pm—8:45pm</p> <p><b><u>Court #2</u></b><br/>                     Basketball 12:00pm - 8:45pm</p> <p><b><u>Court #3</u></b><br/>                     Volleyball 4:30pm - 8:45pm<br/> <b>UMCC Closes at 5:00pm on 7/4!</b></p> |
| Fridays   | Saturdays  | Sundays   | <u>Open Gym</u>   |
| <p><b><u>Multi-Purpose Court</u></b><br/>                     Adult Badminton 5:00am—7:00am<br/>                     Adult Pickleball 7:15am - 12:00pm<br/>                     Family Pickleball 12:00pm - 7:00pm<br/>                     Adult Pickleball 7:00pm - 8:45pm</p> <p><b><u>Court #3</u></b><br/>                     Volleyball 4:00pm—8:45pm</p>  | <p><b><u>Multi-Purpose Court</u></b><br/>                     Adult Pickleball 8:30am - 12:00pm<br/>                     Badminton 12:15pm - 4:45pm</p> <p><b><u>Court #1</u></b><br/>                     Volleyball 9:00am - 4:45pm</p> <p><b><u>Court #2</u></b><br/>                     Basketball 8:30am - 4:45pm</p>  | <p><b><u>Multi-Purpose Court</u></b><br/>                     Adult Pickleball 8:30am - 12:30pm<br/>                     Badminton 12:30pm—4:45pm</p> <p><b><u>Court #3</u></b><br/>                     Advanced Pickleball 8:30am - 12:30pm</p> <p><b><u>Court #2</u></b><br/>                     Basketball 9:00am - 4:45pm</p> | <p><b>No Dunking or<br/>                     Hanging on Rims<br/>                     during Open Gym<br/>                     Basketball</b></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: \$6  
 Non-Residents: \$12



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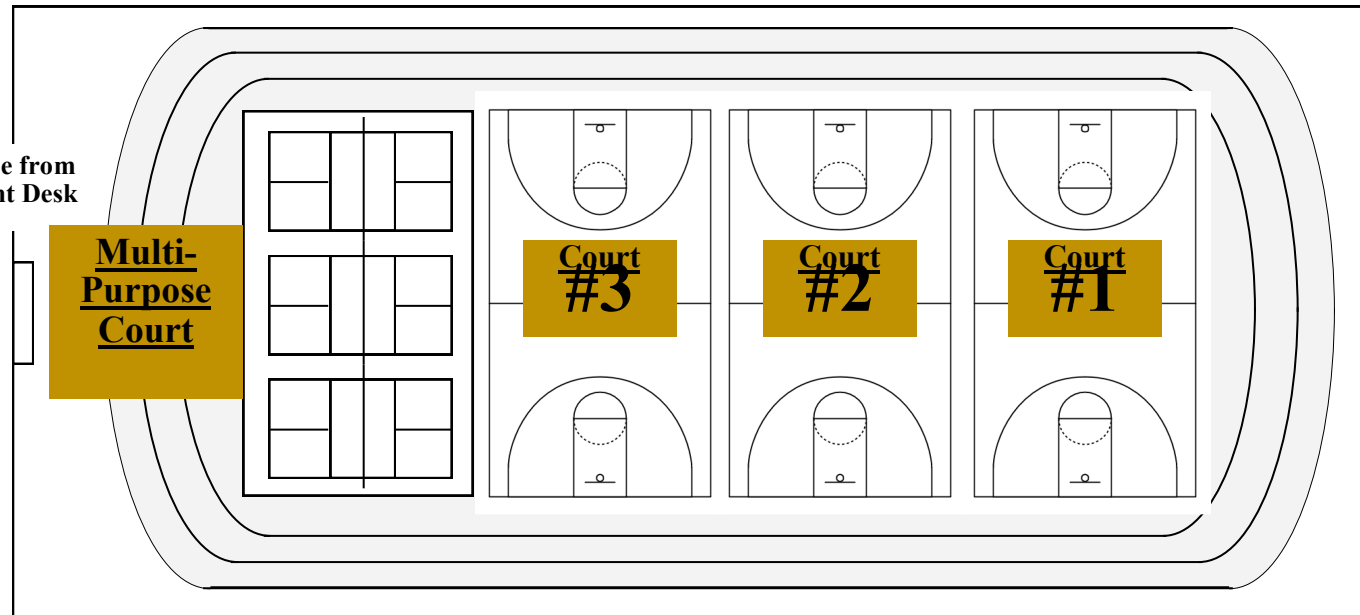


## Community Center Gym Diagram

### 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/>