



GYM RULES

Palos Heights Parks and Recreation strive to operate this facility as a safe and clean environment for all to enjoy. The following gym rules are strictly enforced. Failure to follow these rules will result in the immediate loss of privileges.

Palos Heights reserves the right to limit the number of participants during open gym for the safety of all the patrons.

Participants must show proof of residency. No proof will result in paying the nonresident fee.

Players must sign in when participating in open gym.

Children 8 and under must be accompanied by an adult.

If only one gym is available full court games are prohibited. If both gyms are available North gym will be open shooting and South gym can be used for full court games.

Shirts and gym shoes must be worn at all times. Only non-marking rubber soled shoes that are clean and dry are allowed. Street shoes, roller shoes, and heels are not permitted.

No food or drinks are allowed in the gymnasium, other than water.

No dunking or hanging on the basketball nets or rims.

Swearing, spitting, taunting, fighting, and other inappropriate behavior is not acceptable and will result in disciplinary actions.

No team practice or private group training allowed during open gym.

Palos Heights Parks and Recreation Department is not responsible for lost or stolen items.

Fees and rules are subject to change.

CREATE A HEALTHY, CONNECTED COMMUNITY THROUGH PLAY