

Gymnasium WINTER 2017

Sports of all sorts are offered to every member of the family at the Kettering Recreation Complex gymnasium. Our indoor fitness track and multipurpose gymnasium, featuring three regulation volleyball courts and two regulation basketball courts (with 12 baskets), provide the perfect setting for league action, family fun or youth and adult drop-ins.

DROP-IN INFORMATION/GENERAL

Adult Drop-in (Age 18 +)

Time has been set aside for Adult Drop-In Gym programs. Basketball and volleyball are offered at specific times. This is a chance to play a pick-up game with your friends. The fee is \$3/Kettering resident and \$6/non-resident. During this time, spectators and children are permitted in the gymnasium or gym lobby area but not on the playing surface of the gym floor. Please check the gymnasium schedule for specific drop-in times.

Youth Drop-in (Grades K – 12)

Special times have been set aside in the gymnasium for boys and girls currently attending elementary through high school.

Please see the Drop-in Gym Schedule for days and times. During Youth Drop-in times, gym participants will be divided into age groups and everyone will have a chance to participate in a non-structured play environment. Parents and adults must remain off of the gym floor for the duration of the activity.

Kettering resident school children with proper I.D. are admitted for \$1.50; non-residents or those without a proper Kettering I.D./\$3.

Acceptable forms of I.D. that validate residency:

- Kettering City School Photo I.D. cards. Only those cards with a picture will be accepted from any school located in Kettering.
- Kettering Parks, Recreation and Cultural Arts I.D. card with a current Resident I.D. card or Resident Activity pass. (Youth may purchase Resident I.D. cards with their Kettering City School I.D.).
- Valid driver's license with a Kettering address
- Valid State I.D. with a Kettering address
- Photo I.D. with a valid Kettering address

Senior Gym Drop-in (Age 55 +)

Senior Drop-in Gym is designed for any adult 55 years or better. This is a chance to play a pick-up game with your friends. Charles I. Lathrem members get in free with their membership card or key fob. Non-CIL members pay a drop-in rate based on their residency. During this time, spectators are permitted in the gymnasium or gym lobby area but not on the playing surface of the gym floor. The fee is \$3/Kettering resident and \$6/non-resident. Patrons 55 or older may also use an annual combination pass, combination punch or annual gymnasium pass for admission to the drop-in session.

Senior basketball hours (Kettering Recreation Complex Gym):

Monday, Wednesday, Friday 8:30 – 11 a.m.

Senior short tennis hours (Kettering Recreation Complex Gym):

Monday, Wednesday, Friday 8:30 – 11 a.m.

Senior volleyball hours (Kettering Recreation Complex Gym):

Tuesday, Thursday 8:30 – 11 a.m.
Saturday 8:30 – 10:30 a.m.

Pickleball hours (Kettering Recreation Complex Gym):

Tuesday, Thursday 8:30 – 11 a.m.

Community Drop-in Basketball

This drop-in activity is designed for groups of adults and children to enjoy quality time interacting in the gymnasium playing games together.

Admission will be charged per group; a group is defined as one adult (over 18) and from one to three children (ages 17 and under).

\$4/resident group; \$8/non-resident group

Be prepared to show verification of age, 18 and older, with a picture I.D. Please check the gymnasium schedule for specific times. See you there!

The following guidelines will be enforced:

- Admission will be charged per "group" and not on an individual basis.
- Adults must be accompanying and interacting with at least one child to participate.

NOTE: Adults are responsible for the children they bring.

ANNUAL DROP-IN GYM PASS

Drop-in Gym Passes are valid for one year from date of purchase and may be used for all drop-in gym programs and for admission to the walk/run track.

WINTER 2017 DROP-IN GYMNASIUM SCHEDULE

Effective January 8 through March 19, 2017

Mon.	Senior (age 55+) Drop-in Gym 8:30 – 11 a.m.	Adult Drop-in Gym 11:30 a.m. – 1:30 p.m.	Youth Drop-in Gym 3:15 – 5 p.m.
Tues.	Senior (age 55+) Drop-in Gym 8:30 – 11 a.m.	Home School Drop-in Gym* 2 – 3 p.m.	Youth Drop-in Gym 3:15 – 5 p.m.
Wed.	Senior (age 55+) Drop-in Gym 8:30 – 11 a.m.	Adult Drop-in Gym 11:30 a.m. – 1:30 p.m.	Youth Drop-in Gym 3:15 – 5 p.m.
Thurs.	Senior (age 55+) Drop-in Gym 8:30 – 11 a.m.	Home School Drop-in Gym* 2 – 3 p.m.	Youth Drop-in Gym 3:15 – 5 p.m.
Fri.	Senior (age 55+) Drop-in Gym 8:30 – 11 a.m.	Adult Drop-in Gym 11:30 a.m. – 1:30 p.m.	Youth Drop-in Gym 3:15 – 5 p.m.
Sat.	Senior (age 55+) Drop-in Gym 8:30 – 10:30 a.m.		
Sun.		Community Drop-in Gym 1:30 – 3:30 p.m.	Adult Drop-in Volleyball 3:45 – 5:45 p.m.

*Home School Drop-in Gym follows the Kettering City School cancellation policy

DROP-IN GYMNASIUM FEES

	Res.	Non-Res.
Drop-in Admission		
Youth Drop-in (17 and under)	\$1.50 (w/ Res. I.D.)	\$3
Adult Drop-in Gym	\$3	\$6
Senior Drop-in Gym (55+)	\$3	\$6
CIL members w/ proper I.D.	FREE	FREE
Community Gym (per group)	\$4	\$8
Drop-in Volleyball (Adults)	\$3	\$6
City of Kettering Resident I.D. Cards		
Youth (17 and under)	\$6	
Family	\$30	
Annual Gym Pass		
Youth (17 and under)	\$40	\$60
Adult	\$55	\$83
Home School Sports Program		
Punch Card	\$20	\$27.50
Daily Drop-in Fee	\$2	\$2.75

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CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

Revised 12-29-2016

Indoor Walk/Run Track

Two of the most popular spots in Kettering! Two tracks are now offered—(1) At the Kettering Recreation Complex (KRC), a 1/12th of a mile track (banked Mondo surface) and (2) at the Kettering Fitness & Wellness Center (KFWC) located adjacent to the James S. Trent Arena and Kettering Fairmont High School, an 1/8th of a mile track (Mondo surface). The KRC track is open during all regularly scheduled complex hours. The KFWC track and the James S. Trent Arena are subject to school-based closings for ticketed events and athletic contests held in the arena. A current list of closings is available at the facility front desk and online at www.ketteringoh.org.

Hours: Monday – Thursday 5:30 a.m. – 10 p.m.
 Friday 5:30 a.m. – 8 p.m.
 Saturday 7 a.m. – 6 p.m.
 Sunday 10 a.m. – 6 p.m.

Drop-in Fee: Free with proper photo I.D./resident;
 \$2/non-resident
 Lathrem members free with their Recreation Complex I.D. or key fob.

Annual Pass: \$55/non-resident youth
 \$83/non-resident adult
 Annual passes are valid for one year from date of purchase.

Age(s):	Hours
9 and older	All hours
8 and under	All hours – All children using the track must be within arm's reach and actively supervised by the accompanying adult (no exceptions)!



Indoor Walking/Running Track at Kettering Fitness & Wellness Center

TRACK RULES

- Spectators are strictly forbidden on the track. For safety reasons, please do not stop while on the track. If you need to rest, please do so in one of the corner areas.
- Caution must be used when entering and exiting the track.
- As a courtesy to others, please refrain from using all perfumes/colognes (some perfumes/colognes aggravate asthmatic conditions and other respiratory illnesses).
- The track is equipped with exercise equipment in the corner areas. Please exercise caution when using this equipment. Only use this equipment in the manner in which it is intended.
- Please consult a physician before using any of our recreation facilities and/or equipment and before beginning a workout program.
- Walk only in the direction of the arrow posted outside the track.
- WALK on the inside two lanes – RUN on the outside two lanes. Please also observe, as much as possible, the "PASSING LANE" designations. Be especially cautious when entering and exiting the track. Always look before passing or crossing a lane (the person in that lane has the right of way).
- Sprinting on the track is prohibited due to safety reasons.
- Walk no more than two abreast (side-by-side). Three abreast is unsafe, not conducive to traffic flow and not allowed.
- Strollers and carriages on the track surface are not permitted.
- All non-walking children (infants or toddlers) must be secured to the accompanying adult by means of an appropriate pack or harness (strollers are not permitted – see above).
- Do not carry anything that may obstruct another walking/running lane or injure another patron.
- Proper (athletic, closed-toe footwear secured with laces and/or Velcro) clean footwear, with rubber soles are required on the track surface. No heels or hard-soled shoes please.
- For safety, please follow ALL posted track rules.
- Coat racks are located to your right before you enter the track.
- We are not responsible for loss, theft or damage of personal property.
- Food and drink are not permitted on the track – no exceptions!

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