

Field House Activities

OPEN GYM ACTIVITIES

Lunch Time Basketball & Volleyball

(All Ages) \$4/\$6 Youth or \$5/\$6 Adults

The Field House will continue with Lunch Time open gym. The facility will be open every day for gym activities. If you are not a fitness member you can pay the daily fee to participate in open gym during posted hours Call before you come: Gym Information Line 847-782-3300.

FH MO-FR Ongoing 10am -3pm Reg on-site

Evening Open Gym Basketball & Volleyball

(All Ages) \$4/\$6 Youth or \$5/\$6 Adults

The Field House will continue with the very popular evening open gym. The facility will have open gym running seven days a week. If you are not a fitness or gym member you can pay the daily fee and participate in open gym games during posted hours. Call before you come: Gym Information Line 782-3300.

FH MO-FR Ongoing 3pm -9pm Reg on-site

FH SA Ongoing 7am -9pm Reg on-site

FH SU Ongoing 7am -5pm Reg on-site

Open Batting/Golf Cage

No Fee for Members
\$5 Non-Members

Come in and take some swings before your baseball or golf season begins. The cages will be set up for member on Wednesday nights from 6-8pm. We have slow and fast pitch machines for softball and baseball.

FH WE Ongoing 6-8pm Reg on-site

FH SA* Ongoing 10-2pm Reg on-site

*Based on gym availability

CLIMBING WALL

Learn To Climb (8 -14 years)

\$30/\$36

The class is geared for children who want to learn more about climbing techniques. The techniques will allow the children to become better climbers. The class will meet one hour per week for four weeks.

FH MO 5/21-6/11 7-8pm Reg by 5/14 #8316

FH MO 7/9-7/30 7-8pm Reg by 7/1 #8324

Learn To Climb (15 years & older)

\$30/\$36

This class will be instructed by an experienced climber who will teach you how to become a better climber. The techniques taught will allow you to learn the in's and outs of climbing from techniques to route climbing. The class will meet on Monday nights for one hour per week.

FH MO 5/21-6/11 8-9pm Reg by 5/23 #8318

FH MO 7/9-7/30 8-9pm Reg by 7/9 #8325

PLEASE REMEMBER

Daily waiver sheet must be signed by all participants. Tennis shoes must be worn.

CLIMBING WALL RENTALS

For more information, please call 847-782-3300.

SIGNING UP FOR YOUR FITNESS CENTER MEMBERSHIP IS EASY!

JOIN TODAY!

All you need is a checking account or credit card, and your membership fee is drafted each month, with no additional service fees or charges. There is no annual contract or initiation fee, and your membership is continuous until you notify us in writing to end it. You can choose the option of paying for one full year.

THE FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSTON PARK

CALL THE FIELD HOUSE AT 847-782-3300 FOR MORE INFORMATION!

Gym, Batting, & Golf Cage Rentals

All rentals are subject to availability

Court Rentals

\$65/hour

The Field House has six full-size basketball/volleyball courts all with hardwood floors. All six courts are together so you can rent multiple courts at once if you need more space. Courts can also be curtained off to give privacy if needed.

Cage Rentals

\$50/hour

Inside the gymnasium area, there will be two drop down cage tunnels that can be used for batting or practicing your golf swing. Batting cage rentals include a pitching machine, which can be used for softball/baseball and fast pitch/slow pitch options. Golf rentals will come with a mat to practice your swing and balls, which can be hit into a catch net.



Please come into The Field House to complete an application for court rentals.

Court Rentals: \$60/hour

Cage Rentals: \$50/hour