September 5, 2025 - May 30, 2026

(no OG/PSPT on 10/31, 11/22, 11/28, 11/29, 12/20, 12/24, 12/26,12/27, 12/31, 1/2 (eve), 1/3, 2/14, 4/3, 4/4, 5/22, 5/23)

Open Gym & Preschool Playtime

PRESCHOOL PLAYTIME is for all children **walking up to four**. Bring your preschooler to this open session we've created just for them. This special time allows you and your preschooler to explore the bars, tumble track, foam pits, floor area, beams, trampolines, parachute fun, and air trak with the help of a preschool coach. Come spend quality time with your little ones as they develop coordination and balance, develop body awareness, make friends, and most of all, have FUN!

Wednesdays 10:30a-11:30a (starts August 20)
Fridays 10:30a-11:30a

Individual Visit - $7 10 visit punchcards - $60

You must preregister for Preschool Playtime. We open the registration for upcoming week on the Friday before. You may call us at 810.632.7222, to preregister or visit our website: HartlandSportsCenter.com.

OPEN BOUNCE - All Ages

Fridays 7:30p-9:00p
Saturdays 4:30p-6:00p

"Open Bounce" is a supervised, non-instructional event. It is designed for students to have extra practice on skills they have already learned in class. Participants are NOT to use open gym to attempt new skills. To learn new skills, try a class!

Punch cards	Pricing
10 Visits (All Ages)	$110
5 Visits (All Ages)	$60
Individual (one time visit)	$13

- ✓ Ages 5 and under MUST have a parent present in the gym.
- ✓ Ages 4 and under MUST have parent supervision on the floor, as well as *all equipment inside the gym area.*

We reserve the right to limit the number of participants once over 50 kids. Sign-in begins 15 minutes prior to the start.

You do not need to preregister for Open Bounce.

Revised 10/27/25

PLEASE GO OVER THESE RULES WITH YOUR CHILD:

Important Info:

- ✓ ALL Participants MUST be signed in by a parent, or have a parent-signed release form on file - you may print one from our Open Gym page at HartlandSportsCenter.com.
- ✓ NO one over the age of 23 is permitted on the gym equipment.
- ✓ NO Food, Gum or Beverages allowed on the gym floor.
- ✓ NO Electronics on the floor.
- ✓ Student must remove his/her shoes & socks before class. Place belongings in a cubby.
- ✓ Students must wait on bleachers until the coach calls class to the gym floor.
- ✓ All students must wait INSIDE the building until parent has arrived to pick them up from class.

- ✓ Ages 5 and under MUST have a parent present in the gym.
- ✓ Ages 4 and under MUST have parent supervision on the floor, as well as on all equipment inside the gym area.

ATTIRE:

NO JEANS ALLOWED! No jewelry other than stud earrings. Hair pulled back if long.
Girls: Leotard, Shorts, Athletic Pants, T-shirts, Tanks, (no sports bra tops).
Boys: Shorts, Athletic Pants, T-shirts, Tanks.

SCHEDULE: Subject to change. Always check our website for most up to date schedule.

HartlandSportsCenter.com

2755 Arena Drive, Hartland, MI 48353
810.632.7222
HartlandSportsCenter.com

Open Gym Rules:

GENERAL

- No running from event to event.
- Anything you move, put back when you're done.
- No rough housing. No fighting. No harassing or bullying. This is a fun, safe place.
- Students may not spot other students.
- NO attempting new skills. Head-over-heels rotation is dangerous and must be learned in a controlled, class environment.
- **Students who cannot adhere to safety rules must sit out.**

TRAMPOLINES

- 1 Person at a time.
- Walk ON and OFF.
- No walking or waiting on the surrounding red mats.
- NO bouncing tramp-to-tramp OR tramp-to floor.
- White Trampolines may be open at Coach's discretion.

TUMBLE TRAK/AIR TRAK

- One way street toward the flag wall.
- No jumping from top of mountain, slide down.
- No using mountain for wall flips.
- Look both ways before crossing and make sure pit is clear if landing in it.

PITS /AIR BAG

- 1 person at time (wait for person in front of you to get out).
- NEVER head-first or belly-first (land on seat, feet or back).
- DO NOT pick/dig at or throw the foam cubes.
- DO NOT bury yourself in the foam pit.

ROPES & CARGO NETS

- You must climb up and down hand over hand.
- No sliding or dropping down.
- No swinging.

OFF LIMITS

- Anything with an Orange Cone.
- Double Mini.
- White Trampolines may be open at Coach's discretion.
- Vaults.
- Punching Bags.
- Mini-Mountain closed during Preschool Playtime.