Pingree-Buchanan PTA
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OPEN GYM SUNDAYS

Dates & Time

- Sundays from December 28 through May 17
- Time: 3:00–5:00 PM
- No Open Gym on Easter Sunday (April 5)

Locations by Grade

- PK–5: Elementary School Gym
- Grades 6–12: High School Gym
- Parents are welcome to join

Activities

- Season-specific sports (ex: volleyball in fall, basketball in winter, etc.)
- Space for individual skill development
- Weight room available for grades 6-12 ONLY if sufficient supervision is present

VOLUNTEERS NEEDED!

- Parent volunteers are essential to keep Open Gym running.
- Scan the QR code to sign up or contact a PTA member.

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OPEN GYM RULES & EXPECTATIONS

General Expectations

- Stay in the gym at all times
- Be respectful and have a positive attitude
- Play fairly and follow supervisor directions

Safety & Supervision

- No wandering the school
- Students must check in and out
- Unsafe behavior may result in removal

Equipment & Clean-Up

- Use equipment properly
- Return all equipment before leaving
- Help keep the gym clean

Weight Room (Grades 6-12)

- Only open with proper supervision
- Follow posted rules and lift safely

Volunteer Support

- Scan the QR code or contact a PTA member to volunteer.