



PowerUp Open Gyms create opportunities for families to move, play and connect. This guide supports your event coordination in partnership with PowerUp, tailored to what works best for your space, schedule and community.

What is a PowerUp Open Gym?

PowerUp Open Gyms are free, indoor play times for kids and families. Hosted in partnership with schools and community organizations, they provide a welcoming and easy way for families to move, play and connect, especially during colder months when outdoor options are limited.

These events are designed to feel like an indoor playground, where families can bounce a ball, shoot hoops, play catch or simply run around and have fun together. There's no formal instruction, just space to move and play freely in a safe environment.

Why it Matters

We know that when kids and families have access to active play, shared quality time, welcoming spaces and strong school–community connections, it helps build trust, foster belonging and support whole-person well-being.

PowerUp Open Gyms create meaningful opportunities that support:

- **Active play** for kids and families in a fun, low-pressure environment
- **Family well-being** through shared play and quality time together
- **Free, welcoming access** to movement and community
- **Stronger connections** between families, schools and community organizations

How the Partnership Works

Your Role (Community Education or Hosting Partner):

You decide:

- **When** the Open Gyms happen (dates, times, frequency and length of season)
- **Where** they take place (facility availability)
- **Who** provides on-site supervision (typically your staff, team or volunteers)
- **What** equipment will be available to use
- **How** to promote and communicate with community/families

Our Role (HealthPartners PowerUp):

We can support by:

- **Providing financial support** to help offset the costs (specifics determined with each school or hosting partner)
- **Attending sessions** to play, lead activities and offer giveaways
- **Helping promote** the event as a PowerUp Open Gym to reflect our shared partnership
- **Offering optional survey** tools to help gather feedback from families and community after the season

Promotion and Communication

Most schools or Community Ed partners promote Open Gyms through their own communication channels, including social media, newsletters and seasonal brochures.

- We provide graphics and digital assets to support co-branded promotion that reflects our partnership
- If you're creating a Facebook event as part of your promotion, consider adding PowerUp as a co-host to expand visibility

Access and Participation

PowerUp Open Gyms are designed to be drop-in and low-barrier opportunities. Families can come and go as it works for them.

- Pre-registration is not recommended, as it can create unnecessary barriers for participation
- An on-site sign-in or registration, based on your organization's needs, is completely appropriate, especially when used for safety purposes, such as pool access or other facility-specific requirements

Examples from Other Communities

Every Open Gym looks a little different depending on the community. Here are a few examples to help you imagine what might work in your space:

Partner/Location	Months	Day and Time	Frequency
Amery School District	November – March	Sundays, 2-4pm	Every other week
Turtle Lake School District	September – March	Sundays, 1:30-3:30pm	3 times each month
Clear Lake School District	January – March	Sundays, 2-4pm	Weekly
Stillwater – Little Ponies	December – May	Tuesdays, 9:30-11:30am	Weekly
Stillwater – Family	December – March	Fridays, 6:00-8:30pm	Monthly

Planning Checklist

Use this flexible checklist to guide your planning. Not everything will apply, and the order may vary depending on your site and what's already in place:

Planning Step	Who Leads	Details
☐ Select dates & times	Your Organization	We recommend cool weather months.
☐ Confirm supervision	Your Organization	Supervision is generally a staff member or volunteer, per your facility's requirements.
☐ Finalize location	Your Organization	Typically held in a school gym. Include additional spaces like cafeterias, if helpful and available.
☐ Coordinate funding	HealthPartners PowerUp + Your Organization	We can offer financial support to help offset costs.
☐ Promote events	HealthPartners PowerUp + Your Organizer	We can provide graphics, flyer templates and can be added as a Facebook event co-host to boost visibility.
☐ Secure equipment	Your Organization	Coordinate with your site to determine what's available. In many cases, school PE equipment is accessible.
☐ Track attendance	Your Organization	A simple tracking sheet is available upon request.
☐ End-of-season follow up	HealthPartners PowerUp + Your Organization	Let's meet to reflect, evaluate and explore future opportunities.