

# GYMNASIUM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FITNESS • ENRICHMENT • ARTS • ATHLETICS</b> <b>PORTSMOUTH</b> <b>RECREATION DEPARTMENT</b>		1 6:00-9:00 am: 1 court reserved for hoops 9am-12:30: pickleball 12:30-5PM: 1 court is reserved for hoops 5-8pm full court volleyball	2 6:00-8:45 am: 1 court is reserved for hoops 9:00-10:15am: class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is reserved for hoop	3 6-8:45 am: 1 court is reserved for basketball 9:00-12:00: Pickleball 12-6:30 PM: 1 court is reserved for hoops. 7:00 PM: Open Court	4 6-8:45 am: 1 court is reserved for hoops 10:30-12:30: Pickleball 12:30-800 pm: 1 court is for hoops 5-8pm: 1 court is reserved for volleyball	5 7-8 am - Court 1 reserved for basketball 10am-4pm: 1 court is for hoops
	6 8-9am; work out of day (if inclement weather) 10:00am-4:00pm Court 1 reserved for basketball	7 6:00-9:45 am: court 1 is reserved for hoops. 10:30-12:30: Pickleball 12:30-5PM: court 1 is reserved for basketball 5-8 PM : full court hoops only	8 6:00-9:00 am: 1 court reserved for hoops 9am-12:30: pickleball 12:30-5PM: 1 court is reserved for hoops 5-8pm full court volleyball	9 6:00-8:45 am: 1 court is reserved for hoops 9:00-10:15am: class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is reserved for hoops	10 6-8:45 am: 1 court is reserved for basketball 9:00-12:00: Pickleball 12-7:30 PM: 1 court is reserved for hoops.	11 6-8:45 am: 1 court is reserved for hoops 10:30-12:30: Pickleball 12:30-800 pm: 1 court is for hoops 5-8pm: 1 court is reserved for volleyball
	13 9-10am: workout of day (if inclement weather) 10:00 am - 4:00 pm 1 court is reserved for basketball	14 6:00-9:45 am court 1 is reserved for hoops 10:30-12:30 Pickleball 12:30-5 pm: court 1 is reserved for basketball 5-8pm full court hoop	15 6:00 -9:00 am: 1 court reserved for hoops 9:00-12:30: pickleball 12:30-5:00PM: 1 court is reserved for hoops 5:00-8:00 pm: full court volleyball	16 6:00-8:45 am: 1 court is reserved for basketball 9:00-10:15 am: class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is reserved for hoops	17 6-8:45 am: 1 court is reserved for basketball 9:00-12:00: Pickleball 12-7:30 PM: 1 court is reserved for hoops.	18 6-8:45 am: 1 court is reserved for hoops 10:30-12:30: Pickleball 12:30-800 pm: 1 court is for hoops 5-8pm: 1 court is reserved for volleyball
	20 9-10am: workout of day (if rain inside) 10:am-4pm: 1 court is reserved for hoops	21 6:00-8:45am: court 1 is reserved for hoops 9-10:15am: class 10:30-12:30: Pickleball 12:30-5pm: 1 court is for basketball 5-8:00 pm: Full court basketball	22 6:00-9:00 am: 1 court is reserved for basketball 9am-12:30: Pickleball 12:30-5:00 pm: 1 court is reserved for hoops 5:00-7:45 pm: full court volleyball	23 6:00-8:45 am: 1 court is for basketball 9:00-10:15 am: class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is for basketball	24 6-8:45 am: 1 court is for basketball 9:00- 12:00 pm: Pickleball 12:00-7:45 pm: 1 court is reserved for basketball	25 6-8:45 am: 1 court is reserved for hoops 9:00-10:15 am: class 10:30-12:30: Pickleball 5-7:45 pm: 1 court is reserved for volleyball
	27 9-10am: workout of day (if inclement weather) 10:00am-1:00pm Court 1 reserved for basketball	28 6:00-9:45am: 1 court is for basketball 10:30-12:30: Pickleball 12:30-5pm: 1 court hoops 5:00-7:45 pm: full court basketball	29 6:00-9:00 am: 1 court is reserved for basketball 9am-10:15: class 10:30-12:30: pickleball 12:30-5:00 pm: 1 court is reserved for hoops 5:00-7:45 pm: full court volleyball	30 6:00-8:45 am: 1 court is for basketball 9:00-10:15 am: class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is for basketball	31 6-8:45 am: 1 court is for basketball 9:00- 12:00 pm: Pickleball 12:00-7:45 pm: 1 court is reserved for basketball	

**JULY**  
**2025**

# Gym Time Descriptions

- **PICKLEBALL** - Held in the gymnasium five mornings a week, check the schedule for exact times. This is pick-up play - a sign up board is used for players to create teams and players rotate each game. Free for Spinnaker members, or drop in rate of \$5.00 for non-members during the scheduled pickleball times.
- **PICK UP VOLLEYBALL** - Come and play co-ed volleyball on Tuesday and Friday nights in the gymnasium. Everyone is welcome to play. Free for Spinnaker members, or drop in rate of \$5.00 for non-members. TUESDAY IS BOTH COURTS!
- **OPEN COURT BASKETBALL**- One court open for basketball during open gym hours seven days a week. Check front schedule for days and times. Free for Spinnaker members, non-members pay regular drop-in rate (\$5 for residents, \$10 for nonresidents).
- **OPEN COURT PICKLEBALL** - During non-scheduled pickleball times and during open court, the gym is available for pickleball. Two courts maximum may be used for pickleball during open gym hours. Free for Spinnaker members, non-members pay regular drop-in rate (\$5 for residents, \$10 for nonresidents). There is no guarantee a court will be open for play as it is first come, first serve for any sport. If people are waiting the court is limited to 1 hour.
- **MEN'S BASKETBALL LEAGUE** - Games played at 7:00 pm on Monday and Thursday nights in the fall and winter months. The gymnasium is closed for the league only on these nights. Check schedule for exact dates.
- **SUNDAY MORNINGS**: Class from 8:00-9:00 am in the event of inclement weather, it will be posted prior to the class.

**Please be respectful of the exercise classes that take place in the gym.**