

GYMNASIUM SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
6:00-9:45 am: court 1 is reserved for hoops.
9:00-12:30: Pickleball
12:30-5PM: court 1 is reserved for basketball
5-8 PM : full court hoops only

2
6:00-9:00 am: 1 court reserved for hoops
9am-10:15: class
10:30-12:30 Pickleball
12:30-5:00: 1 court hoop
5-8pm full court volleyball

3
6:00-8:45 am: 1 court is reserved for hoops
9:00-1030: Class
10:30-12:30: Pickleball
12:30-8:00 pm: 1 court is reserved for hoops

4
6:00-8:45 am: 1 court is reserved for hoops
9:00-1030: Class
10:30-12:30: Pickleball
12:30-8:00 pm: 1 court is reserved for hoops

5
6-8:45 am: 1 court is reserved for hoops
9:00-12:30: Pickleball
12:30-800 pm: 1 court is for hoops
5-8pm: 1 court is reserved for volleyball

6
7-8 am - Court 1 reserved for basketball
10am-4pm: 1 court is for hoops

7
8-9am; work out of day (if inclement weather)
10:00am-4:00pm Court 1 reserved for basketball

8
6:00-9:45 am: court 1 is reserved for hoops.
9:00-12:30: Pickleball
12:30-5PM: court 1 is reserved for basketball
5-8 PM : full court hoops only

9
6:00-9:00 am: 1 court reserved for hoops
9am-10:15: **class**
10:30-12:30 Pickleball
12:30-5:00: 1 court hoop
5-8pm full court volleyball

10
6:00-8:45 am: 1 court is reserved for hoops
9:00-1030: Class
10:30-12:30: Pickleball
12:30-8:00 pm: 1 court is reserved for hoops

11
6-8:45 am: 1 court is reserved for basketball
9:00-10:15 am: **class**
10:30-12:30: Pickleball
12-7:30 PM: 1 court is reserved for hoops.

12
7:30-8:30 am: class
10am-4 pm: 1 court for hoops

14

6:00-9:45 am court 1 is reserved for hoops
9:00-12:30 Pickleball
11:30 - Pickleball clinic
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
9:00-10:30: **class**
10:30-12:30: Pickleball
12:30-5pm: 1 court for basketball
5:00-8:00 pm: full court volleyball

16
6:00-8:45 am: 1 court is reserved for basketball
9:00-10:30: 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
9:00-10:15 am: **Class**
10:30-12:30: Pickleball
12-7:30 PM: 1 court is reserved for hoops.

18
6-8:45 am: 1 court is reserved for hoops
9:00-12:30: Pickleball
11L30 - Pickleball clinic
12:30-800 pm: 1 court is for hoops
5-8pm: 1 court is reserved for volleyball

19
7:30-8:30 am: class
10am-4 pm: 1 court for hoops

21

6:00-8:45am: court 1 is reserved for hoops
9:00-12:30: Pickeball
11:30 - pickleball clinic
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
9:00-10:15: **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

23
6:00-8:45 am: 1 court is for basketball
9:00-10:30: 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- 10:15 am: **Class**
10:30-12:30: Pickleball
12:00-7:45 pm: 1 court is reserved for basketball

25
6-8:45 am: 1 court is reserved for hoops
9:00-12:30: Pickleball
11L30 - Pickleball clinic
5-7:45 pm: 1 court is reserved for volleyball

26
7:00-8:00 am: 1 court is reserved for basketball
10:00 am - 4:00 pm: 1 court is reserved for basketball

29

6:00-9:45am: 1 court is for basketball
9:00-12:30: Pickleball
12:30-5pm: 1 court hoops
5:00-7:45 pm: full court basketball

30

SEPTEMBER
2025

FITNESS • ENRICHMENT • ARTS • ATHLETICS
PORTSMOUTH
RECREATION DEPARTMENT

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.