

GYMNASIUM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 8-9am; work out of day (if inclement weather) 10:00am-4:00pm Court 1 reserved for basketball	NOVEMBER 2025				FITNESS • ENRICHMENT • ARTS • ATHLETICS PORTSMOUTH RECREATION DEPARTMENT	1 7-8 am - Court 1 reserved for basketball 10am-4pm: 1 court is for hoops
2 8-9am; work out of day (if inclement weather) 10:00am-4:00pm Court 1 reserved for basketball	3 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	4 6:00-8:45 am: 1 court reserved for hoops 8:45 am-10:15: class 10:30-12:30 Pickleball 12:30-5:00: 1 court hoop 5-8pm full court volleyball	5 6:00-8:45 am: 1 court is reserved for hoops 8:45 -10:30: Class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is reserved for hoops	6 6-8:45 am: 1 court is reserved for basketball 8:45-10:15 am: class 10:30-12:30: Pickleball 12-7:00 PM: 1 court is reserved for hoops. 7 pm: Men's League	7 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	8 7:30-8:30 am: class 10am-4 pm: 1 court for hoops
9 9-10am: workout of day (if inclement weather) 10:00 am - 4:00 pm 1 court is reserved for basketball	10 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	11 CLOSED FOR VETERANS DAY	12 6:00-8:45 am: 1 court is reserved for basketball 8:45-10:30: Class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is reserved for hoops	13 6-8:45 am: 1 court is reserved for basketball 8:45-10:15 am: Class 10:30-12:30: Pickleball 12-7:00 PM: 1 court is reserved for hoops. 7 pm: Men's League	14 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	15 7:30-8:30 am: class 10am-4 pm: 1 court for hoops
16 9-10am: workout of day (if rain inside) 10:am-11 Am: 1 court is reserved for hoops 11 - 1 PM: kickboxing	17 6:00-8:45am: court 1 is reserved for hoops 9:00-12:30: Pickleball 11:30 - pickleball clinic 12:30-5pm: 1 court is for basketball 5-8:00 pm: Full court basketball	18 6:00-8:45 am: 1 court is reserved for basketball 8:45-10:15: 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	19 6:00-8:45 am: 1 court is for basketball 8:45-10:30: Class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is for basketball	20 6-8:45 am: 1 court is for basketball 8:45- 10:15 am: Class 10:30-12:30: Pickleball 12:00-7:00 pm: 1 court is reserved for basketball 7 pm: Men's League	21 6-8:45 am: 1 court is reserved for hoops 9:00-12:30: Pickleball 5-7:45 pm: 1 court is reserved for volleyball	22 7:00-8:00 am: 1 court is reserved for basketball 10:00 am - 4:00 pm: 1 court is reserved for basketball
23 9-10am: workout of day (if inclement weather) 10:00am-1:00pm Court 1 reserved for basketball	24 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	25 6-9 am: 1 court is for for basketball 8:45-10:15: Class in gym 10:30-12:30: Pickleball 12:30-5 pm: 1 court is for basketball 5-7 pm: full court volley	26 6:00-8:45: 1 court is for basketball 8:45-10:15 am: Class 10:30-12:30: Pickleball 12:30-8:00 pm: 1 court is for basketball	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR THANKSGIVING HOLIDAY	29 7:00-8:00 am: 1 court is reserved for basketball 10:00 am - 4:00 pm: 1 court is reserved for basketball

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 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.