

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	2 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 5:30-8pm full court volleyball	3 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	4 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	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	9 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 5:30-8pm full court volleyball	10 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	11 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	12 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	13 7:30-8:30 am: class 10am-4 pm: 1 court for hoops
14 9-10am: workout of day (if inclement weather) 10:00 am - 4:00 pm 1 court is reserved for basketball	15 6:00-9:45 am court 1 is reserved for hoops 9:00-12:30 Pickleball 12:30-5 pm: court 1 is reserved for basketball 5-8pm full court hoop	16 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 5:30-8pm full court volleyball	17 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	18 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	19 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	20 7:30-8:30 am: class 10am-4 pm: 1 court for hoops
21 9-10am: workout of day (if rain inside) 10:am-11 Am: 1 court is reserved for hoops 11 - 1 PM: kickboxing	22 6:00-8:45am: court 1 is reserved for hoops 9:00-12:30: Pickleball 12:30-5pm: 1 court is for basketball 5-8:00 pm: Full court basketball	23 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 5:30-7:45 pm: full court volleyball	24 6:00-8:45 am: 1 court is for basketball 8:45-10:30: Class 10:30-12:30: Pickleball 12:30-4:45 PM: 1 court for hoops 5:00 PM: CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS DAY!	26 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	27 7:00-8:00 am: 1 court is reserved for basketball 10:00 am - 4:00 pm: 1 court is reserved for basketball
28 9-10am: workout of day (if inclement weather) 10:00am-1:00pm Court 1 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 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 5:30-7:45 pm: full court volley	31 6:00-8:45: 1 court is for basketball 8:45-10:15 am: Class 10:30-12:30: Pickleball 12:30-4:30 1 court hoops CLOSED AT 5:00 PM NEW YEARS EVE	FITNESS • ENRICHMENT • ARTS • ATHLETICS PORTSMOUTH RECREATION DEPARTMENT		

DEC.
GYM

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.