

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FITNESS • ENRICHMENT • ARTS • ATHLETICS</p> <p><b>PORTSMOUTH</b></p> <p>RECREATION DEPARTMENT</p>				<p><b>JANUARY</b></p> <p><b>GYM</b></p> <p><b>CLOSED TODAY: CITY HOLIDAY</b></p> <p><b>HAPPY NEW YEAR!</b></p>	<p><b>1</b></p> <p>6-8:45 am: 1 court is reserved for hoops</p> <p>9:00-12:30: Pickleball</p> <p>12:30-8:00 pm: 1 court is for hoops</p> <p>5-8pm: 1 court is reserved for volleyball</p>	<p><b>2</b></p> <p>7-8 am - Court 1 reserved for basketball</p> <p>10am-4pm: 1 court is for hoops</p>
<p>8-9am: work out of day (if inclement weather)</p> <p>10:00am-4:00pm Court 1 reserved for basketball</p>	<p>6:00-8:45 am: court 1 is reserved for hoops.</p> <p>8:45-10:15: <b>class</b></p> <p>10:30-12:30: Pickleball only</p> <p>5-8 pm: FULL court hoops</p>	<p>5</p> <p>6:00-8:45 am: 1 court reserved for hoops</p> <p>8:45 am-10:15: <b>class</b></p> <p>10:30-12:30 Pickleball</p> <p>12:30-5:00: 1 court hoop</p> <p>5:30-8pm full court volleyball</p>	<p>6</p> <p>6:00-8:45 am: 1 court is reserved for hoops</p> <p>9:00-12:30: Pickleball</p> <p>12:30-8:00 pm: 1 court is reserved for hoops</p>	<p>7</p> <p>6-8:45 am: 1 court is reserved for basketball</p> <p>8:45-10:15 am: <b>class</b></p> <p>10:30-12:30: Pickleball</p> <p>12-6:45 PM: 1 court is reserved for hoops.</p> <p>7 pm: Men's League</p>	<p>8</p> <p>6-8:45 am: 1 court is reserved for hoops</p> <p>9:00-12:30: Pickleball</p> <p>12:30-8:00 pm: 1 court is for hoops</p> <p>5-8pm: 1 court is reserved for volleyball</p>	<p><b>9</b></p> <p>7:30-8:30 am: class</p> <p>10am-4 pm: 1 court for hoops</p>
<p>9-10am: workout of day (if inclement weather)</p> <p>10:00 am - 4:00 pm 1 court is reserved for basketball</p>	<p>6:00-9:45 am court 1 is reserved for hoops</p> <p>8:45-10:15: <b>class</b></p> <p>12:30-5 pm: court 1 is reserved for basketball</p> <p>5-8pm full court hoop</p>	<p>12</p> <p>6:00-8:45 am: 1 court reserved for hoops</p> <p>8:45 am-10:15: <b>class</b></p> <p>10:30-12:30 Pickleball</p> <p>12:30-5:00: 1 court hoop</p> <p>5:30-8pm full court volleyball</p>	<p>13</p> <p>6:00-8:45 am: 1 court is reserved for basketball</p> <p>9:00-12:30: Pickleball</p> <p>12:30-8:00 pm: 1 court is reserved for hoops</p>	<p>14</p> <p>6-8:45 am: 1 court is reserved for basketball</p> <p>8:45-10:15 am: <b>Class</b></p> <p>10:30-12:30: Pickleball</p> <p>12-6:45 PM: 1 court is reserved for hoops.</p> <p>7 pm: Men's League</p>	<p>15</p> <p>6-8:45 am: 1 court is reserved for hoops</p> <p>9:00-12:30: Pickleball</p> <p>12:30-8:00 pm: 1 court is for hoops</p> <p>5-8pm: 1 court is reserved for volleyball</p>	<p><b>16</b></p> <p>7:30-8:30 am: class</p> <p>10am-4 pm: 1 court for hoops</p>
<p>9-10am: workout of day (if rain inside)</p> <p>10:am-11 Am: 1 court is reserved for hoops</p> <p>11 - 1 PM: kickboxing</p>	<p><b>CLOSED CITY HOLIDAY MLK DAY</b></p>	<p>19</p> <p>6:00-8:45 am: 1 court is reserved for basketball</p> <p>8:45-10:15: <b>Class</b></p> <p>10:30-12:30: Pickleball</p> <p>12:30-5:00 pm: 1 court is reserved for hoops</p> <p>5:30-7:45 pm: full court volleyball</p>	<p>20</p> <p>6:00-8:45 am: 1 court is for basketball</p> <p>9:00-12:30: Pickleball</p> <p>12:30-8:00 pm: 1 court is reserved for hoops</p>	<p>21</p> <p>6-8:45 am: 1 court is reserved for basketball</p> <p>8:45-10:15 am: <b>Class</b></p> <p>10:30-12:30: Pickleball</p> <p>12-6:45 PM: 1 court is reserved for hoops.</p> <p>7 pm: Men's League</p>	<p>22</p> <p>6-8:45 am: 1 court is reserved for hoops</p> <p>9:00-12:30: Pickleball</p> <p>5-7:45 pm: 1 court is reserved for volleyball</p>	<p><b>23</b></p> <p>7:00-8:00 am: 1 court is reserved for basketball</p> <p>10:00 am - 4:00 pm: 1 court is reserved for basketball</p>
<p>9-10am: workout of day (if inclement weather)</p> <p>10:00am-1:00pm Court 1 reserved for basketball</p>	<p>6:00-9:45am: 1 court is for basketball</p> <p>8:45-10:15: <b>class</b></p> <p>10:30-12:30pm: Pickleball</p> <p>12:30-5:00 pm: 1 court hoops</p> <p>5:00-8:00 pm: full court basketball</p>	<p>26</p> <p>6-9 am: 1 court is for basketball</p> <p>8:45-10:15: <b>class</b></p> <p>10:30-12:30: Pickleball</p> <p>12:30-5 pm: 1 court is for basketball</p> <p>5:30-7:45 pm: full court volleyball</p>	<p>27</p> <p>6:00-8:45: 1 court is for basketball</p> <p>9:00-12:30: Pickleball</p> <p>12:30-8:00: 1 court hoop</p>	<p>28</p> <p>6-8:45 am: 1 court is reserved for basketball</p> <p>8:45-10:15 am: <b>Class</b></p> <p>10:30-12:30: Pickleball</p> <p>12-6:45 PM: 1 court is reserved for hoops.</p> <p>7 pm: Men's League</p>	<p>29</p> <p>6-8:45 am: 1 court is reserved for hoops</p> <p>9:00-12:30: Pickleball</p> <p>5-7:45 pm: 1 court is reserved for volleyball</p>	<p><b>30</b></p> <p>7:00-8:00 am: 1 court is reserved for basketball</p> <p>10:00 am - 4:00 pm: 1 court is reserved for basketball</p>
						<p><b>31</b></p>

# 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.**