

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>FITNESS • ENRICHMENT • ARTS • ATHLETICS</div> <div>PORTSMOUTH</div> <div>RECREATION DEPARTMENT</div>	<div>JANUARY</div> <div>GYM</div>			<div>1</div> <div>CLOSED</div> <div>TODAY: CITY HOLIDAY</div> <div>HAPPY NEW YEAR!</div>	<div>2</div> <div>6-8:45 am: 1 court is reserved for hoops</div> <div>9:00-12:30: Pickleball</div> <div>12:30-800 pm: 1 court is for hoops</div> <div>5-8pm: 1 court is reserved for volleyball</div>	<div>3</div> <div>7-8 am - Court 1 reserved for basketball</div> <div>10am-4pm: 1 court is for hoops</div>
<div>4</div> <div>8-9am; work out of day (if inclement weather)</div> <div>10:00am-4:00pm Court 1 reserved for basketball</div>	<div>5</div> <div>6:00-8:45 am: court 1 is reserved for hoops.</div> <div>8:45-10:15: class</div> <div>10:30-12:30: Pickleball only</div> <div>5-8 pm: FULL court hoops</div>	<div>6</div> <div>6:00-8:45 am: 1 court reserved for hoops</div> <div>8:45 am-10:15: class</div> <div>10:30-12:30 Pickleball</div> <div>12:30-5:00: 1 court hoop</div> <div>5:30-8pm full court volleyball</div>	<div>7</div> <div>6:00-8:45 am: 1 court is reserved for hoops</div> <div>9:00-12:30: Pickleball</div> <div>12:30-8:00 pm: 1 court is reserved for hoops</div>	<div>8</div> <div>6-8:45 am: 1 court is reserved for basketball</div> <div>8:45-10:15 am: class</div> <div>10:30-12:30: Pickleball</div> <div>12-6:45 PM: 1 court is reserved for hoops.</div> <div>7 pm: Men's League</div>	<div>9</div> <div>6-8:45 am: 1 court is reserved for hoops</div> <div>9:00-12:30: Pickleball</div> <div>12:30-800 pm: 1 court is for hoops</div> <div>5-8pm: 1 court is reserved for volleyball</div>	<div>10</div> <div>7:30-8:30 am: class</div> <div>10am-4 pm: 1 court for hoops</div>
<div>11</div> <div>9-10am: workout of day (if inclement weather)</div> <div>10:00 am - 4:00 pm 1 court is reserved for basketball</div>	<div>12</div> <div>6:00-9:45 am court 1 is reserved for hoops</div> <div>8:45-10:15: class</div> <div>12:30-5 pm: court 1 is reserved for basketball</div> <div>5-8pm full court hoop</div>	<div>13</div> <div>6:00-8:45 am: 1 court reserved for hoops</div> <div>8:45 am-10:15: class</div> <div>10:30-12:30 Pickleball</div> <div>12:30-5:00: 1 court hoop</div> <div>5:30-8pm full court volleyball</div>	<div>14</div> <div>6:00-8:45 am: 1 court is reserved for basketball</div> <div>9:00-12:30: Pickleball</div> <div>12:30-8:00 pm: 1 court is reserved for hoops</div>	<div>15</div> <div>6-8:45 am: 1 court is reserved for basketball</div> <div>8:45-10:15 am: Class</div> <div>10:30-12:30: Pickleball</div> <div>12-6:45 PM: 1 court is reserved for hoops.</div> <div>7 pm: Men's League</div>	<div>16</div> <div>6-8:45 am: 1 court is reserved for hoops</div> <div>9:00-12:30: Pickleball</div> <div>12:30-800 pm: 1 court is for hoops</div> <div>5-8pm: 1 court is reserved for volleyball</div>	<div>17</div> <div>7:30-8:30 am: class</div> <div>10am-4 pm: 1 court for hoops</div>
<div>18</div> <div>9-10am: workout of day (if rain inside)</div> <div>10:am-11 Am: 1 court is reserved for hoops</div> <div>11 - 1 PM: kickboxing</div>	<div>19</div> <div>CLOSED</div> <div>CITY HOLIDAY</div> <div>MLK DAY</div>	<div>20</div> <div>6:00-8:45 am: 1 court is reserved for basketball</div> <div>8:45-10:15: Class</div> <div>10:30-12:30: Pickleball</div> <div>12:30-5:00 pm: 1 court is reserved for hoops</div> <div>5:30-7:45 pm: full court volleyball</div>	<div>21</div> <div>6:00-8:45 am: 1 court is for basketball</div> <div>9:00-12:30: Pickleball</div> <div>12:30-8:00 pm: 1 court is reserved for hoops</div>	<div>22</div> <div>6-8:45 am: 1 court is reserved for basketball</div> <div>8:45-10:15 am: Class</div> <div>10:30-12:30: Pickleball</div> <div>12-6:45 PM: 1 court is reserved for hoops.</div> <div>7 pm: Men's League</div>	<div>23</div> <div>6-8:45 am: 1 court is reserved for hoops</div> <div>9:00-12:30: Pickleball</div> <div>5-7:45 pm: 1 court is reserved for volleyball</div>	<div>24</div> <div>7:00-8:00 am: 1 court is reserved for basketball</div> <div>10:00 am - 4:00 pm: 1 court is reserved for basketball</div>
<div>25</div> <div>9-10am: workout of day (if inclement weather_</div> <div>10:00am-1:00pm Court 1 reserved for ' basketball</div>	<div>26</div> <div>6:00-9:45am: 1 court is for basketball</div> <div>8:45-10:15: class</div> <div>10:30-12:30pm: Pickleball</div> <div>12:30-5:00 pm: 1 court hoops</div> <div>5:00-8:00 pm: full court basketball</div>	<div>27</div> <div>6-9 am: 1 court is for for basketball</div> <div>8:45-10:15: class</div> <div>10:30-12:30: Pickleball</div> <div>12:30-5 pm: 1 court is for basketball</div> <div>5:30-7:45 pm: full court volley</div>	<div>28</div> <div>6:00-8:45: 1 court is for basketball</div> <div>9:00-12:30: Pickleball</div> <div>12:30-8:00: 1 court hoop</div>	<div>29</div> <div>6-8:45 am: 1 court is reserved for basketball</div> <div>8:45-10:15 am: Class</div> <div>10:30-12:30: Pickleball</div> <div>12-6:45 PM: 1 court is reserved for hoops.</div> <div>7 pm: Men's League</div>	<div>30</div> <div>6-8:45 am: 1 court is reserved for hoops</div> <div>9:00-12:30: Pickleball</div> <div>5-7:45 pm: 1 court is reserved for volleyball</div>	<div>31</div> <div>7:00-8:00 am: 1 court is reserved for basketball</div> <div>10:00 am - 4:00 pm: 1 court is reserved for basketball</div>

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.