

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>1</p> <p>8-9am; work out of day (if inclement weather) 9:30 am-1:30: open court 1:30-3:30:pickleball only</p>	<p>2</p> <p>8-9am; work out of day (if inclement weather) 9:30 am-1:30: open court 12:30-5 pm: open court 5-8 pm: full court hoops</p>	<p>3</p> <p>6:00-8:45 am: open court 8:45 am-10:15: class 10:30-12:30 Pickleball 12:30-5:00: open court 5:30-8pm full court volleyball</p>	<p>4</p> <p>6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00: open court</p>	<p>5</p> <p>6-8:45 am: open court 8:45-10:15 am: Class 10:30-12:30: Pickleball 12-6:30 PM: open court 7 pm: Men's League</p>	<p>6</p> <p>6-8:45 am: open court 9:00-12:30: Pickleball 5-8pm: volleyball</p>	<p>7</p> <p>7:30-9:15: class 9:30 am-1:30: open court 1:30-3:30: Pickleball only</p>		
<p>8</p> <p>8-9am; work out of day (if inclement weather) 9:30 am-1:30: open court 1:30-3:30: pickleball only</p>	<p>9</p> <p>6:00-8:45 am: open court 8:45-10:15: class 10:30-12:30: Pickleball only 12:30-5:00: open court 5-8 pm: FULL court hoops</p>	<p>10</p> <p>6:00-8:45 am: open court 8:45 am-10:15: class 10:30-12:30 Pickleball 12:30-5:00: open court 5:30-8pm full court volleyball</p>	<p>11</p> <p>6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00: open court</p>	<p>12</p> <p>6-8:45 am: open court 8:45-10:15 am: class 10:30-12:30: Pickleball 12:30-6:30: open court 7 pm: Men's League</p>	<p>13</p> <p>6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5 pm: open court 5-8pm: 1 court is reserved for volleyball</p>	<p>14</p> <p>7:30-9:15 am: class 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only</p>		
<p>15</p> <p>9-10am: workout of day (if inclement weather) 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only</p>	<p>16</p> <p>6:00-8:45 am: open court 8:45-10:15: class 10:30-12:30: Pickleball only 12:30-5:00: open court 5-8 pm: FULL court hoops</p>	<p>17</p> <p>6:00-8:45 am: open court 8:45 am-10:15: class 10:30-12:30 Pickleball 12:30-5:00: open court 5:30-8pm full court volleyball</p>	<p>18</p> <p>6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court</p>	<p>19</p> <p>6-8:45 am: open court 8:45-10:15 am: Class 10:30-12:30: Pickleball 12:30-6:30: open court 7 pm: Men's League</p>	<p>20</p> <p>6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5:00 pm: open court 5-8pm: 1 court is reserved for volleyball</p>	<p>21</p> <p>7:30-9:15 am: class 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only</p>		
<p>22</p> <p>8-9 am: workout of day (if rain inside) 9:30:am - 1:30 pm: open court 1:30-3:30 pm: pickleball only</p>	<p>23</p> <p>6:00-8:45 am: open court 8:45-10:15: class 10:30-12:30: Pickleball only 12:30-5:00: open court 5-8 pm: FULL court hoops</p>	<p>24</p> <p>6:00-8:45 am: open court 8:45-10:15: Class 10:30-12:30: Pickleball 12:30-5:00 pm: open court 5:30-7:45 pm: full court volleyball</p>	<p>25</p> <p>6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court</p>	<p>26</p> <p>6-8:45 am: open court 8:45-10:15 am: Class 10:30-12:30: Pickleball 12-6:30 PM: open court 7 pm: Men's League</p>	<p>27</p> <p>6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5:30 pm: open court 5:30-close: volleyball</p>	<p>28</p> <p>7:30-9:15: class 9:30 am-1:30: open court 1:30-3:30: Pickleball only</p>		
<p>29</p> <p>8-9 am: workout of day (if rain inside) 9:30:am - 1:30 pm: open court 1:30-3:30 pm: pickleball only</p>	<p>30</p> <p>6:00-8:45 am: open court 8:45-10:15: class 10:30-12:30: Pickleball only 12:30-5:00: open court 5-8 pm: FULL court hoops</p>	<p>31</p> <p>6:00-8:45 am: open court 8:45-10:15: Class 10:30-12:30: Pickleball 12:30-5:00 pm: open court 5:30-7:45 pm: full court volleyball</p>	<p>FITNESS · ENRICHMENT · ARTS · ATHLETICS</p> <p>PORTSMOUTH</p> <p>RECREATION DEPARTMENT</p>				<p>MARCH GYM SCHEDULE</p>	

Gym Time Descriptions

- **PICKLEBALL** - Held in the gymnasium five mornings a week, and on Saturday and Sunday afternoons. 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.
- **OPEN COURT PICKLEBALL - NO LONGER OFFERED. CHECK FOR SCHEDULED TIMES 7 DAYS A WEEK!**
- **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).
- **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.