

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

9-10am: workout of day (if inclement weather)
9:30-1:30 pm: open court
1:30-3:30 pm: pickleball only

MAY GYM SCHEDULE

FITNESS · ENRICHMENT ARTS · ATHLETICS
PORTSMOUTH
RECREATION DEPARTMENT

1

6-8:45 am: open court
9:00-12:30: Pickleball

5-8pm: volleyball advanced

2

7:30-9:15: class
9:30 am-1:30: open court
1:30-3:30: Pickleball only

3

9-10am: workout of day (if inclement weather)
9:30-1:30 pm: open court
1:30-3:30 pm: pickleball only

4

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

5

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

6

6:00-8:45 am: open court
9:00-12:30: Pickleball
12:30-8:00: open court

7

6-8:45 am: open court
8:45-10:15 am: **class**
10:30-12:30: Pickleball
12:30-7:30: open court

8

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 advanced

9

7:30-9:15 am: class
9:30-1:30 pm: open court
1:30-3:30 pm: pickleball only

10

9-10am: workout of day (if inclement weather)
9:30-1:30 pm: open court
1:30-3:30 pm: pickleball only

11

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

12

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

13

6:00-8:45 am: open court
9:00-12:30: Pickleball
12:30-8:00 pm: open court

14

6-8:45 am: open court
8:45-10:15 am: **Class**
10:30-12:30: Pickleball
12:30-7:30: open court

15

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 advanced

16

7:30-9:15 am: class
9:30-1:30 pm: open court
1:30-3:30 pm: pickleball only

17

8-9 am: workout of day (if rain inside)
9:30:am - 1:30 pm: open court
1:30-3:30 pm: pickleball only

18

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

19

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

20

6:00-8:45 am: open court
9:00-12:30: Pickleball
12:30-8:00 pm: open court

21

6-8:45 am: open court
8:45-10:15 am: **Class**
10:30-12:30: Pickleball
12-7:30 PM: open court

22

6-8:45 am: open court
9:00-12:30: Pickleball
12:30-5:30 pm: open court
5:30-close: volleball advanced

23

7:30-9:15: class
9:30 am-1:30: open court
1:30-3:30: Pickleball only

24

8-9 am: workout of day (if rain inside)
9:30:am - 1:30 pm: open court
1:30-3:30 pm: pickleball only

25

CLOSED FOR MEMORIAL DAY

26

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

27

6:00-8:45 am: open court
9:00-12:30: Pickleball
12:30-8:00 pm: open court

28

6-8:45 am: open court
8:45-10:15 am: Class
10:30-12:30: Pickleball
12-7:30 PM: open court

29

6-8:45 am: open court
9:00-12:30: Pickleball
12:30-5:30 pm: open court
5:30-close: volleball advanced

30

7:30-9:15: class
9:30 am-1:30: open court
1:30-3:30: Pickleball only

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! Friday night play is more advanced players and is limited.
- **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.