

JULY GYM SCHEDULE

FITNESS · ENRICHMENT · ARTS · ATHLETICS
PORTSMOUTH
 RECREATION DEPARTMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00: open court	2 6-8:45 am: open court 8:45-10:15 am: Class 10:30-12:30: Pickleball 12-7:30 PM: open cour	3 6-8:45 am: open court 9:00-12:30: Pickleball 5-8pm: volleyball advanced	4 CLOSED HAPPY 4th of JULY!
5 9-10am: workout of day (if inclement weather) 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only	6 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	7 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	8 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00: open court	9 6-8:45 am: open court 8:45-10:15 am: class 10:30-12:30: Pickleball 12:30-7:30: open court	10 6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5 pm: copen court 5-8pm: 1 court is reserved for volleyball advanced	11 7:30-9:15 am: class 9:30 -1:30 pm: open court 1:30-3:30 pm: pickleball only
12 9-10am: workout of day (if inclement weather) 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only	13 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	14 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	15 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	16 6-8:45 am: open court 8:45-10:15 am: Class 10:30-12:30: Pickleball 12:30-7:30: open court	17 6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5:30 pm: open court 5:30-close: volleball advanced	18 7:30-9:15 am: class 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only
19 8-9 am: workout of day (if rain inside) 9:30:am - 1:30 pm: open court 1:30-3:30 pm: pickleball only	20 6:00-8:45 am: open court 8:45-10:15: no class 10:30-12:30: Pickleball only 12:30-5:00: open court 5-8 pm: FULL court hoops	21 6:00-8:45 am: open court 8:45-10:15: No class 10:30-12:30: Pickleball 12:30-5:00 pm: open court 5:30-7:45 pm: full court volleyball	22 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	23 6-8:45 am: open court 8:45-10:15 am: No Class 10:30-12:30: Pickleball 12-7:30 PM: open court	24 6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5:30 pm: open court 5:30-close: volleball advanced	25 7:30-9:15: class 9:30 am-1:30: open court 1:30-3:30: Pickleball only
26 8-9 am: workout of day (if rain inside) 9:30:am - 1:30 pm: open court 1:30-3:30 pm: pickleball only	27 6:00-8:45 am: open court 8:45-10:15: no class 10:30-12:30: Pickleball only 12:30-5:00: open court 5-8 pm: FULL court hoops	28 6:00-8:45 am: open court 8:45-10:15: No Class 10:30-12:30: Pickleball 12:30-5:00 pm: open court 5:30-7:45 pm: full court volleyball	29 6:00-8:45am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	30 6-8:45am: open court 8:45-10:15 am: No Class 10:30-12:30: Pickleball 12-7:30 PM: open court	31 6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5:30 pm: open court 5:30-close: volleball advanced	

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** - Played in the fall.
- **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.