

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEPTEMBER GYM SCHEDULE

		1 6:00-8:45 am: open court 8:45-10:15am: class 10:30-12:30: Pickleball 12:30-5:00 pm: open court 5:30-8:00 pm: full court volleyball	2 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	3 6-8:45 am: open court 8:45-10:15 am: class 10:30-12:30: Pickleball 12:30-7:30: open court	4 6-8:45 am: open court 9:00-12:30 pm: Pickleball 12:30-5:30 pm: open court 5-8 pm: 1 court is reserved for advanced volleyball	5 7:30-9:15: class 9:30 am-1:30: open court 1:30-3:30: Pickleball only
6 9-10am: workout of day (if inclement weather) 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only	7 CLOSED FOR LABOR DAY	8 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	9 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00: open court	10 6-8:45 am: open court 8:45-10:15 am: class 10:30-12:30: Pickleball 12:30-7:30: open court	11 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	12 7:30-9:15 am: class 930 -1:30 pm: open court 1:30-3:30 pm: pickleball only
13 9-10am: workout of day (if inclement weather) 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only	14 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	15 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	16 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	17 6-8:45 am: open court 8:45-10:15 am: Class 10:30-12:30: Pickleball 12:30-7:30: open court	18 6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5:30 pm: open court 5:30-close: volleyball advanced	19 7:30-9:15 am: class 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only
20 8-9 am: workout of day (if rain inside) 9:30am - 1:30 pm: open court 1:30-3:30 pm: pickleball only	21 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	22 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	23 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	24 6-8:45 am: open court 8:45-10:15 am: class 10:30-12:30: Pickleball 12-7:30 PM: open court	25 6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5:30 pm: open court 5:30-close: volleyball advanced	26 7:30-9:15: class 9:30 am-1:30: open court 1:30-3:30: Pickleball only
27 8-9 am: workout of day (if rain inside) 9:30am - 1:30 pm: open court 1:30-3:30 pm: pickleball only	28 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	29 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	30 6:00-8:45am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	FITNESS • ENRICHMENT • ARTS • ATHLETICS PORTSMOUTH RECREATION DEPARTMENT		

Gym Time Descriptions

- **PICKLEBALL** - Held in the gymnasium five mornings a week, and on Saturday and Sunday afternoons. Check the calendar 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 resident non-members and \$10.00 for nonresident 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 resident non-members and \$10.00 for nonresident. TUESDAY IS BOTH COURTS!
Friday night play is more advanced players and is limited.
- **PICK UP FULL COURT BASKETBALL**- Check front calendar for days and times. Free for Spinnaker members, non-members pay drop-in rate (\$5.00 for resident non-members and \$10.00 for nonresident).
- **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.