NOVEMBER GYM SCHEDULE

FITNESS · ENRICHMENT · ARTS · ATHLETICS

PORTSMOUTH RECREATION DEPARTMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9-10am: workout of day (if inclement weather) 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only	**2** 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	**3** 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	**4** 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	**5** 6-8:45 am: open court 8:45-10:15 am: class 10:30-12:30: Pickleball 12:30-6:45: open court 6:45 pm: Men's league	**6** 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	**7** 7:30-9:15: class 9:30 am-1:30: open court 1:30-3:30: Pickleball only
8 9-10am: workout of day (if inclement weather) 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only	**9** 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	**10** 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	**11** **Closed for Veterans Day!**	**12** 6-8:45 am: open court 8:45-10:15 am: **class** 10:30-12:30: Pickleball 12:30-6:30: open court 6:45 PM: Men's League	**13** 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	**14** 7:30-9:15 am: class 930 -1:30 pm: open court 1:30-3:30 pm: pickleball only
15 9-10am: workout of day (if inclement weather) 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only	**16** 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	**17** 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	**18** 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	**19** 6-8:45 am: open court 8:45-10:15 am: **Class** 10:30-12:30: Pickleball 12:30-5:00: Open Court 6:45 pm: Men's League	**20** 6-8:45 am: open court 9:00-12:30: Pickleball 12:30-5:30 pm: open court 5:30-close: volleball advanced	**21** 7:30-:9:15 am: class 9:30-1:30 pm: open court 1:30-3:30 pm: pickleball only
22 8-9 am: workout of day (if rain inside) 9:30:am - 1:30 pm: open court 1:30-3:30 pm: pickleball only	**23** 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	**24** 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	**25** 6:00-8:45 am: open court 9:00-12:30: Pickleball 12:30-8:00 pm: open court	**26** **CLOSED FOR THANKSGIVING!**	**27** **CLOSED FOR THANKSGIVING!**	**28** 7:30-9:15: class 9:30 am-1:30: open court 1:30-3:30: Pickleball only
29 8-9 am: workout of day (if rain inside) 9:30:am - 1:30 pm: open court 1:30-3:30 pm: pickleball only	**30** 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					

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.