

# Sentara RMH Wellness Center Court Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30	5:30 Metabolic	5:30 Metabolic	WORKOUT SPACE	5:30 Metabolic	WORKOUT SPACE			5:30
6 am	ADULT PICKUP BASKETBALL	OPEN HOOPS	ADULT PICKUP BASKETBALL	OPEN HOOPS	ADULT PICKUP BASKETBALL			6 am
6:30								6:30
7 am								7 am
7:30								7:30
8 am	OPEN HOOPS		OPEN HOOPS		OPEN HOOPS			8 am
8:30								8:30
9 am						OPEN HOOPS		9 am
9:30								9:30
10 am		PICKLEBALL BY RESERVATION		PICKLEBALL BY RESERVATION				10 am
10:30								10:30
11 am								11 am
11:30							PICKLEBALL BY RESERVATION	11:30
12 pm	11:30 ADULT PICKUP BASKETBALL	12:00 Metabolic	11:30 ADULT PICKUP BASKETBALL	12:00 Metabolic	11:30 ADULT PICKUP BASKETBALL			12 pm
12:30								12:30
1 pm						PICKLEBALL BY RESERVATION		1 pm
1:30							OPEN HOOPS	1:30
2 pm		PICKLEBALL BY RESERVATION		PICKLEBALL BY RESERVATION				2 pm
2:30								2:30
3 pm	OPEN HOOPS		OPEN HOOPS		OPEN HOOPS			3 pm
3:30								3:30
4 pm						OPEN HOOPS		4 pm
4:30								4:30
5 pm	5:30 Metabolic	5:30 Metabolic	5:30 Metabolic	5:30 Metabolic				5 pm
5:30								5:30
6 pm	OPEN HOOPS	PICKLEBALL BY RESERVATION	OPEN HOOPS	PICKLEBALL BY RESERVATION	OPEN HOOPS			6 pm
6:30								6:30
7 pm								7 pm
7:30								7:30
8 pm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	8 pm

### Pickleball Reservations

Pickleball was designed to be easy to learn and play! This popular game is a combination of tennis, and badminton. Using a Pickleball paddle, wiffle ball, and a low net makes it ideal for all ages and abilities. One game court will be available on the hour for reservations. **Reservations are for 55 minutes of play to allow for next reservation to begin play on the hour.** Reservations are **FREE** for members. Net is provided. Players in the first available time slot will be responsible for setting the net up and the last reservation will be responsible for putting it away.

Paddles and Pickleballs **not included** in the reservation. You can bring your own Pickleballs and Paddles. See the front desk for details.

Look for more information on our Website on how to make your Pickleball reservation!

### Adult Pick Up

Adult Pick-up is available to those age 16 and up to play full court pickup basketball.

### Open Hoops

Open Hoops is a time for members to shoot hoops or play basketball. **During this time, the court should be used as a shared space if others are waiting to shoot baskets.**

Children under the age of 12 must be under the supervision of a parent. Youth members age 12 and over may play while the parent remains in the facility.

\*15 minute set up time required before class.