

Sentara RMH Wellness Center Court Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 AM		Workout Space	CMS 30	Workout Space		Workout Space		5:30 AM
6:00 AM								6:00 AM
6:30 AM		Adult Pickup		Adult Pickup	Open Hoops	Adult Pickup		6:30 AM
7:00 AM			Open Hoops					7:00 AM
7:30 AM								7:30 AM
8:00 AM								8:00 AM
8:30 AM								8:30 AM
9:00 AM		Kids Blast	Kids Blast	Kids Blast	Kids Blast	Kids Blast	Open Hoops	9:00 AM
9:30 AM		June 9 - Aug 15	June 9 - Aug 15	June 9 - Aug 15	June 9 - Aug 15	June 9 - Aug 15		9:30 AM
10:00 AM								10:00 AM
10:30 AM								10:30 AM
11:00 AM	Pickleball By Reservation							11:00 AM
11:30 AM		Adult Pickup		Adult Pickup				11:30 AM
12:00 PM						CMS 30		12:00 PM
12:30 PM						Adult Pickup	Pickleball By Reservation	12:30 PM
1:00 PM								1:00 PM
1:30 PM								1:30 PM
2:00 PM								2:00 PM
2:30 PM								2:30 PM
3:00 PM			Pickleball By Reservation		Pickleball By Reservation			3:00 PM
3:30 PM	Open Hoops	Open Hoops		Open Hoops		Open Hoops	Open Hoops	3:30 PM
4:00 PM								4:00 PM
4:30 PM								4:30 PM
5:00 PM								5:00 PM
5:30 PM			CMS 30					5:30 PM
6:00 PM								6:00 PM
6:30 PM			Pickleball By Reservation					6:30 PM
7:00 PM								7:00 PM
7:30 PM								7:30 PM
8:00 PM								8:00 PM

**Pickleball By Reservation:** This popular game is a combination of tennis and badmitton using a pickleball paddle, wiffle ball and low net; making it ideal for all ages and abilities. One game court will be available per hour of reservation. Reservations are 55 minutes of play, with 5 minutes built in for transitions. Reservations are FREE for members. Players in the first available time slot are responsible for setting the net up and the last reservation is responsible for putting it away.

Paddles and Pickleballs are not included in the reservation. See the front desk for details.

**Adult Pick Up:** Available to individuals 16+. Full court basketball.

**Open Hoops:** During this time, the court is to be used as shared space. Children under the age of 12 must be accompanied by a parent. Youth members age 12 and over may play while a parent remains within the facility.

\*\*\*Court schedule is subject to change