

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  |                           | Open Hoops    | Pickleball By Reservation | Open Hoops    | Pickleball By Reservation | Open Hoops    | Open Hoops                | 9:00 AM  |
| 9:30 AM  |                           |               |                           |               |                           |               |                           | 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        | Pickleball By Reservation | 12:00 PM |
| 12:30 PM |                           |               |                           |               |                           | Adult Pickup  |                           | 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 |               |                           | 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 badminton 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