

GYM SCHEDULE

Kempsville Recreation Center Spring Break April 1-7, 2024

DAY	TIME	PROGRAM	GYM #
MONDAY	5:00 am – 8:00 am	Sunrise Basketball (ages 18 & up)	2
	5:00 am – 8:00 am	Sunrise Soccer (ages 18 & up)	1
	8:00 am – 9:30 am	Open Gym (full court games Gym #2 only)	1 & 2
	9:30 am – 10:00 am	TR Ability Builders	2
	9:30 am -10:00 am	Open Gym (no full court games)	1
	10:00 am – 11:30 am	OST Spring Break Camp	2
	10:00 am – 11:30 pm	Open Gym (no full court games)	1
	11:30 am -12:00 pm	Early Childhood	2
	11:30 am -12:00 pm	Open Gym (no full court games)	1
	12:00 pm – 5:30 pm	Open Gym (full court games Gym #2 only)	1 & 2
	5:45 pm – 6:00 pm	Adult Basketball sign-ups (passes handed out at 5:15pm)	Gym Entrance
	6:00 pm – 8:45 pm	Adult Basketball (ages 18 & up)	1 & 2
TUESDAY	5:00 am – 9:30 am	Open Gym (no full court games)	1
	5:00 am – 11:45 am	Pickleball (ages 18 & up)	2
	9:30 am – 11:30 am	Group Fitness Class	1
	11:30 am -12:00 pm	Open Gym (no full court games)	1
	12:00 pm – 9:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
WEDNESDAY	5:00 am – 7:30 am	Sunrise Basketball (ages 18 & up)	1 & 2
	7:30 am – 9:30 am	Open Gym (full court games Gym #2 only)	1 & 2
	9:30 am -11:30 am	Group Fitness Class	1
	9:30 am – 10:00 am	Open Gym (no full court games)	2
	10:00 am -11;30 am	OST Spring Break Camp	2
	11:30 am – 12:00 am	Early Childhood	2
	11:30 am -12:00 pm	Open Gym (no full court games)	1
	12:00 pm – 5:30 pm	Open Gym (full court games Gym #2 only)	1 & 2
	5:45 pm - 6:00 pm	Adult Basketball sign ups (passes handed out at 5:15 pm)	Gym Entrance
	6:00 pm – 8:45 pm	Adult Basketball (ages 18 & up)	1 & 2



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Kempsville Recreation Center Spring Break April 1-7, 2024

DAY	TIME	PROGRAM	GYM #
THURSDAY	5:00 am- 12:00 pm	Open Gym (no full court games)	1
	5:00 am -11:45 am	Pickleball (ages 18 & up)	2
	12:00 pm – 9:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
FRIDAY	5:00 am – 7:30 am	Sunrise Basketball (ages 18 & up)	1 & 2
	7:30 am – 9:30 am	Open Gym (full court games Gym #2 only)	1 & 2
	9:30 am -11:30 am	Group Fitness Class	1
	9:30 am – 10:00 am	Open Gym (no full court games)	2
	10:00 am -11:30 am	OST Spring Break Camp	2
	11;30 am -12:00 pm	Early Childhood	2
	11:30 am -12:00 pm	Open Gym (no full court games)	1
	12:00 pm – 8:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
SATURDAY	9:00 am – 11:45 am	Open Gym (no full court games)	1
	9:00 am – 11:45 am	Pickleball (ages 14 & up)	2
	12:00 pm – 5:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
SUNDAY	11:00 am – 2:00 pm	Badminton (ages 14 & up)	1
	11:00 am – 1:30 pm	Closed for Center programming	2
	1:30 pm – 2:00 pm	Open Gym (no full court games)	2
	2:00 pm – 5:00 pm	Open Gym (full court games Gym #2 only)	1 & 2

Schedule subject to change

GYM SCHEDULE

Kempsville Recreation Center April 8-30, 2024

DAY	TIME	PROGRAM	GYM #
MONDAY	5:00 am – 8:00 am	Sunrise Basketball (ages 18 & up)	2
	5:00 am – 8:00 am	Sunrise Soccer (ages 18 & up)	1
	8:00 am – 9:30 am	Open Gym (full court games Gym #2 only)	1 & 2
	9:30 am – 10:00 am	TR Ability Builders	2
	9:30 am -10:00 am	Open Gym (no full court games)	1
	10:00 am – 11:30 am	Open Gym (full court games Gym #2 only)	1 & 2
	11:30 am -12:00 pm	Early Childhood	2
	11:30 am -12:00 pm	Open Gym (no full court games)	1
	12:00 pm – 4:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
	4:00 pm – 5:00 pm	OST Afterschool Program	2
	4:00 pm – 5:00 pm	Open Gym (no full court games)	1
	5:00 pm -5:30 pm	Open Gym (full court games Gym #2 only)	1 & 2
	5:45 pm – 6:00 pm	Adult Basketball sign-ups (passes handed out at 5:15pm)	Gym Entrance
	6:00 pm – 8:45 pm	Adult Basketball (ages 18 & up)	1 & 2
TUESDAY	5:00 am – 9:30 am	Open Gym (no full court games)	1
	5:00 am – 11:45 am	Pickleball (ages 18 & up)	2
	9:30 am – 11:30 am	Group Fitness Class	1
	11:30 am -12:00 pm	Open Gym (no full court games)	1
	12:00 pm – 3:30 pm	Open Gym	1 & 2
	3:30 pm – 4:00 pm	TR Champions	2
	3:30 pm – 4:00 pm	Open Gym (no full court games)	1
	4:00 pm – 9:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
WEDNESDAY	5:00 am – 7:30 am	Sunrise Basketball (18 & up)	1 & 2
	7:30 am – 9:30 am	Open Gym (no full court games)	1 \$ 2
	9:30 am -11:30 am	Group Fitness Class	1
	9:30 am – 11:30 am	Open Gym (no full court games)	2
	11:30 am – 12:00 am	Early Childhood	2
	11:30 am -12:00 pm	Open Gym (no full court games)	1
	12:00 pm – 4:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
	4:00 pm – 5:00 pm	OST After School Program	2
	4:00 pm – 5:00 pm	Open Gym (no full court games)	1
	5:00 pm – 5:30 pm	Open Gym (full court games Gym #2 only)	1 & 2
	5:45 pm - 6:00 pm	Adult Basketball sign ups (passes handed out at 5:15 pm)	Gym Entrance
	6:00 pm – 8:45 pm	Adult Basketball (ages 18 & up)	1 & 2



GYM SCHEDULE

Kempsville Recreation Center April 8-30, 2024

DAY	TIME	PROGRAM	GYM #
THURSDAY	5:00 am- 8:30 am	Open Gym (no full court games)	1
	5:00 am -8:30 am	Pickleball (ages 18 & up)	2
	9:00 am – 11:45 am	Pickleball (ages 18 & up)	1 & 2
	12:00 pm – 9:00 pm	Open Gym (full court games Gym #2 only)	1
FRIDAY	5:00 am – 7:30 am	Sunrise Basketball (ages 18 & up)	1 & 2
	7:30 am – 9:30 am	Open Gym (full court games Gym #2 only)	1 & 2
	9:30 am -11:30 am	Group Fitness Class	1
	9:30 am – 11:30 am	Open Gym (no full court games)	2
	11;30 am -12:00 pm	Early Childhood	2
	11:30 am -12:00 pm	Open Gym (no full court games)	1
	12:00 pm – 3:30 pm	Open Gym (full court games Gym #2 only)	1 & 2
	3:30 pm – 4:00 pm	TR Champions	2
	3:30 pm - 4:00 pm	Open Gym (no full court games)	1
	4:00 pm -8:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
SATURDAY	9:00 am – 11:45 am	Open Gym (no full court games)	1
	9:00 am – 11:45 am	Pickleball (ages 14 & up)	2
	12:00 pm – 5:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
SUNDAY	11:00 am – 2:00 pm	Badminton (ages 14 & up)	1
	11:00 am – 1:30 pm	Closed for Center programming	2
	1:30 pm – 2:00 pm	Open Gym (no full court games)	2
	2:00 pm – 5:00 pm	Open Gym (full court games Gym #2 only)	1 & 2

Schedule subject to change