VIRGINIA BEACH PARKS & RECREATION
VBGOV.COM/PARKS

GYM SCHEDULE

SEATACK RECREATION CENTER

summer gym schedule

DAY	TIME	PROGRAM	GYM
MONDAY	8:30am – 12:00pm	Pickleball (14 and up)	A & B
	12:15pm – 8:00pm	Open Gym	A & B
TUESDAY	6:30am – 8:00am	Open Gym	A & B
	8:00am – 12:00pm	Pickleball (14 and up)	A & B
	12:15pm – 5:45pm	Open Gym	A & B
	6:00pm – 8:00pm	Pickleball (14 and up)	A & B
WEDNESDAY	8:30am – 12:00pm	Pickleball (14 and up)	A & B
	12:15pm – 8:00pm	Open Gym	A & B
THURSDAY	6:30am – 8:00am	Open Gym	A & B
	8:00am – 12:00pm	Pickleball (14 and up)	A & B
	12:15pm – 5:45pm	Open Gym	A & B
	6:00pm – 8:00pm	Pickleball (14 and up)	A & B
FRIDAY	8:30am – 12:00pm	Pickleball (14 and up)	A & B
	12:15pm – 8:00pm	Open Gym	A & B
SATURDAY	9:00am – 12:00pm	Pickleball (14 and up)	A & B
	12:15pm – 4:45pm	Open Gym	A & B
SUNDAY	11:00am – 1:00pm	Pickleball (14 and up)	A & B
	1:15pm – 4:45pm	Open Gym	A & B

****The gym will be closed to the public during these times****

Beginner Pickleball Clinics:
June 16th, 2022 6:00pm-8:00pm
June 18th, 2022 9:00am-11:00am
July 7th, 2022 6:00pm-8:00pm
July 9th, 2022 9:00am-11:00am
August 4th, 2022 6:00pm-8:00pm
August 6th, 2022 9:00am-11:00am

Blood Drives:
July 8th, 2022 1:00pm-7:00pm

Gym schedule is subject to change

Revised 6/16/22