

2025

MAY

SUNDAY

GYM SCHEDULE

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 Coomes Recreation Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 1:30pm-6pm - Open Gym 1:30pm-4pm -Pickleball (Court 2)	28 6am-9pm - Open Gym 9am-1pm - Pickleball (Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	29 6am-9pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1)	30 6am-9pm - Open Gym 9am-1pm - Pickleball (Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	01 6am-9pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1)	02 6am-7pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool (Court 1)	03 8am-6pm - Open Gym 4pm-6pm -Pickleball (Court 2)
04 1:30pm-6pm - Open Gym 1:30pm-4pm -Pickleball (Court 2)	05 6am-9pm - Open Gym 9am-1pm - Pickleball (Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	06 6am-9pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1)	07 6am-9pm - Open Gym 9am-1pm - Pickleball (Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	08 6am-9pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1)	09 6am-7pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool (Court 1)	10 8am-6pm - Open Gym 4pm-6pm -Pickleball (Court 2)
11 1:30pm-6pm - Open Gym 1:30pm-4pm -Pickleball (Court 2)	12 6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	13 6am-9pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1)	14 6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	15 6am-5:30pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1) 6pm-9pm -4v4 Adult Basketball	16 6am-7pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool (Court 1)	17 8am-6pm - Open Gym 4pm-6pm -Pickleball (Court 2)
18 1:30pm-6pm - Open Gym 1:30pm-4pm -Pickleball (Court 2)	19 6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	20 6am-9pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1)	21 6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	22 6am-5:30pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1) 6pm-9pm -4v4 Adult Basketball	23 6am-7pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30-Afterschool (Court 1)	24 8am-6pm - Open Gym 4pm-6pm -Pickleball (Court 2)
25 1:30pm-6pm - Open Gym 1:30pm-4pm -Pickleball (Court 2)	26 6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	27 6am-9pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1)	28 6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	29 6am-5:30pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1) 6pm-9pm -4v4 Adult Basketball	30 6am-7pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30-Afterschool (Court 1)	31 8am-6pm - Open Gym 4pm-6pm -Pickleball (Court 2)
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More Information:

TRX - Total Body Resistance Exercise; this is one of many classes we offer at the Coomes Recreation Center.

Pickleball can use both sides of the court when space allows.

If any questions arise, please contact the Coomes Center front desk (276) 623-5279.

**Men's Adult Bakesball League will start on May 15.**

**Co-Ed Sand Volleyball League will begin May 13. In the event of inclement weather, games will be held inside the gymnasium on Tuesday nights from 6pm-9pm.**