



SEATAACK RECREATION CENTER
Summer 2019 Gym Schedule
 Effective 6/24/19

DAY	TIME	PROGRAM	GYM #
MONDAY	8:30 am – 12:00 pm	Pickleball	A & B
	12:00 pm – 8:45 pm	Open Gym	A & B
TUESDAY	6:30 am- 10:15 am	Open Gym	A & B
	10:30 am – 11:30 am	Silver Sneakers Classic	A & B
	11:45 pm – 5:45 pm	Open Gym	A & B
	6:00 pm – 8:45 pm	Pickleball	A & B
WEDNESDAY	8:30 am – 12:00 pm	Pickleball	A & B
	12:00 pm – 8:45 pm	Open Gym	A & B
THURSDAY	6:30 am – 10:15 am	Open Gym	A & B
	10:30 am – 11:30 am	Silver Sneakers Classic	A & B
	11:45 pm – 8:45 pm	Open Gym	A & B
FRIDAY	8:30 am – 12:00 pm	Pickleball	A & B
	12:00 pm – 8:45 pm	Open Gym	A & B
SATURDAY	9:00 am – 12:00 pm	Pickleball	A & B
	12:00 pm – 4:45 pm	Open Gym	A & B
SUNDAY	11:00 am – 1:00 pm	Pickleball	A & B
	1:00 pm – 4:45 pm	Open Gym	A & B

***Rock Wall will be available during Open Gym times based on staff availability. Please call in advance.
 Thank You***

Keys to Recreation:

Gym Schedule effective June 18th, 2018

PICKLEBALL

Mon / Wed / Fri; 8:30 AM – 12:00 PM

Wed 6:00 PM – 8:45 PM

Sat 9:00 AM – 12:00 PM

Sun 11 AM – 1 PM

Pickleball is a sport in which two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

(GYM A & B)

CLIMBING WALL

Available during Open Gym Hours – Please call in advance to ensure we have staff available to belay.

Ages 6 & up - Climb the 24ft Rock Wall in the gym with help from staff who are trained to belay. Enjoy a simple, basic climb and work up to a more challenging one. You will not be disappointed! (GYM B)

Note: Climbing Wall is \$5 per hour.

SILVER SNEAKERS CLASSIC

Tu / Th 10:30 AM - 11:30 AM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. (GYM A & B)

Please Note:

This schedule is subject to change for Special Events and other City or Facility Programs or camps. A valid membership or day pass is required to use the program areas in the facility. Programs are canceled if the minimum number of participants needed is not met.

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We are accredited by CAPRA, the certifying agency of the National Recreation & Parks Association

Experience the Fun!

Virginia Beach Parks and Recreation