

OCTOBER- GYM Activity Schedule

Neil Road Recreation Center | 3925 Neil Road

PLEASE READ THE GYM RULES ON THE BACK

OCTOBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED				1 Sit and Get Fit 9:00-10:00 Zumba 11:00-12:00 Restorative Yoga 12:15-1:30 Pickleball: Session 1: 2:00-4:00 Hatha Yoga: 5:00-6:00 Polynesian Dance: 7:00-8:45 Badminton/Table Tennis: 6:00-9:00	2 Tai Chi 10:00-11:00 Pickleball Session 1: 11:30-1:30 Gentle Yoga: 2:00-3:00 Karate: 4:00-6:00 Close at 6:00	3 CLOSED
4 CLOSED	5 Chair Yoga 10:30-11:30 Beanbag Baseball 12:00-2:00 Gentle Yoga: 2:00-3:00 Pickleball Session 1: 4:00-6:00 Badminton/Table Tennis: 6:00-9:00	6 Sit and Get Fit 9:00-10:00 Tai Chi 10:00-11:00 Bunco 10:00-12:00 Shuffleboard 11:00-12:00 Pickleball Session 1: 12:00-2:00 Session 2: 2:00-4:00 Session 3: 6:00-8:00 Karate: 4:00-6:00	7 Pickleball Session 1: 9:00-11:00 Session 2: 11:00-1:00 Gentle Yoga: 2:00-3:00 Karate: 4:00-6:00 Badminton/Table Tennis: 6:00-9:00	8 Sit and Get Fit 9:00-10:00 Zumba 11:00-12:00 Restorative Yoga 12:15-1:30 Pickleball: Session 1: 2:00-4:00 Hatha Yoga: 5:00-6:00 Polynesian Dance: 7:00-8:45 Badminton/Table Tennis: 6:15-9:00	9 Tai Chi 10:00-11:00 Pickleball Session 1: 11:30-1:30 Gentle Yoga: 2:00-3:00 Karate: 4:00-6:00 Close at 6:00	10 CLOSED
11 CLOSED	12 Chair Yoga 10:30-11:30 Beanbag Baseball 12:00-2:00 Gentle Yoga: 2:00-3:00 Pickleball Session 1: 4:00-6:00 Badminton/Table Tennis: 6:00-9:00	13 Sit and Get Fit 9:00-10:00 Tai Chi 10:00-11:00 Bunco 10:00-12:00 Shuffleboard 11:00-12:00 Pickleball Session 1: 12:00-2:00 Session 2: 2:00-4:00 Session 3: 6:00-8:00 Karate: 4:00-6:00	14 Pickleball Session 1: 9:00-11:00 Session 2: 11:00-1:00 Gentle Yoga: 2:00-3:00 Karate: 4:00-6:00 Badminton/Table Tennis: 6:00-9:00	15 Sit and Get Fit 9:00-10:00 Zumba 11:00-12:00 Restorative Yoga 12:15-1:30 Pickleball: Session 1 :2:00-4:00 Hatha Yoga: 5:00-6:00 Polynesian Dance: 7:00-8:45 Badminton/Table Tennis: 6:15-9:00	16 Tai Chi 10:00-11:00 Pickleball Session 1: 11:30-1:30 Gentle Yoga: 2:00-3:00 Karate: 4:00-6:00 Close at 6:00	17 CLOSED
18 CLOSED	19 Chair Yoga: 10:30-11:30 Beanbag Baseball: 12:00-2:00 Gentle Yoga: 2:00-3:00 Pickleball Session 1: 4:00-6:00 Badminton/Table Tennis: 6:00-9:00	20 Sit and Get Fit 9:00-10:00 Tai Chi 10:00-11:00 Bunco 10:00-12:00 Bingo: 12:00-2:00 Shuffleboard 11:00-12:00 Pickleball Session 1: 12:00-2:00 Session 2: 2:00-4:00 Session 3: 6:00-8:00 Karate: 4:00-6:00	21 Pickleball Session 1: 9:00-11:00 Session 2: 11:00-1:00 Gentle Yoga: 2:00-3:00 Karate: 4:00-6:00 Badminton/Table Tennis: 6:00-9:00	22 Sit and Get Fit 9:00-10:00 Book Club 10:00-11:00 Zumba 11:00-12:00 Restorative Yoga 12:15-1:30 Pickleball: Session 1: 2:00-4:00 Hatha Yoga: 5:00-6:00 Polynesian Dance: 7:00-8:45 Badminton/Table Tennis: 6:15-9:00	23 Tai Chi 10:00-11:00 Pickleball Session 1: 11:30-1:30 Gentle Yoga: 2:00-3:00 Karate: 4:00-6:00 Close at 6:00	24 CLOSED
25 CLOSED	26 Chair Yoga: 10:30-11:30 Beanbag Baseball: 12:00-2:00 Gentle Yoga: 2:00-3:00 Pickleball: Session 2: 4:00-6:00 Badminton/Table Tennis: 6:00-9:00	27 Sit and Get Fit 9:00-10:00 Tai Chi 10:00-11:00 Bunco 10:00-12:00 Shuffleboard 11:00-12:00 Pickleball Session 1: 12:00-2:00 Session 2: 2:00-4:00 Session 3: 6:00-8:00 Karate: 4:00-6:00	28 Pickleball Session 1: 9:00-11:00 Session 2: 11:00-1:00 Gentle Yoga: 2:00-3:00 Karate: 4:00-6:00 Badminton/Table Tennis: 6:00-9:00	29 Sit and Get Fit 9:00-10:00 Zumba 11:00-12:00 Restorative Yoga 12:15-1:30 Pickleball: Session 1 :2:00-4:00 Hatha Yoga: 5:00-6:00 Polynesian Dance: 7:00-8:45 Badminton/Table Tennis: 6:15-9:00	30  Closed in Observance of Nevada Day	31 CLOSED



NRRC Gymnasium

RULES

Any Participant who does not follow all rules and regulations, or is abusive to staff, will be asked to leave the facility and be banned until Phase 4 of the reopening process.

- Social Distancing will be in full effect.
- Masks are required: No Mask, No Entry
- Pickleball: Games will be 4 on, 2 off. You must remain on assigned court.
- Badminton: 4 on, 4 off court. You must remain on assigned court.
- Table Tennis: Singles play only.
- Bunco: Gloves and Mask required
- Please call **(775) 689-8484** to reserve a spot

City of Reno Pickleball Rules and Guidelines Due to COVID-19 Measures

The ability to play Pickleball during this phase of the reopening process is a privilege, not a right. Any participant who does not follow all rules and regulations, or is abusive to staff, will be asked to leave the facility and be banned until Phase 4 of the reopening process.

1. Neil Road Recreation Center will be available for open gym Pickleball. This is subject to change at any time.
2. Social Distancing will be in full effect.
3. A limit of 18 individuals will be allowed per session.
4. Sessions will be 2 hour blocks.
5. All games will be 4 on, 2 off.
6. Sanitizer will be provided, the ball must be sanitized prior to each game.
7. All participants must be pre-registered to enter the facility.
8. Courts will be clearly numbered and colored wristbands will be assigned. Changing courts will not be permitted.
9. All participants waiting must be seated in the designated location for the court they are assigned.
10. No high fives, hand shaking, or paddle bumps will be allowed.
11. Participants must adhere to Social Distancing rules, regardless of sharing a household.
12. One warning will be given. If participants do not abide by social distancing guidelines, they will be asked to leave the facility.
13. Anyone who is removed from the facility, will not be allowed to return until Phase 4.

Thank you for your help and cooperation!