



# YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
8am- 10am Pickleball		8am- 10am Pickleball		8am - 10am Pickleball

**RATES:** FREE to YMCA members      \$5 for Non YMCA members

**PICKLEBALL** is a combination of tennis and badminton that is played by hitting whiffle balls with light-weight wooden paddles. Played on a badminton court with 3-foot high net.

- Participants must bring their own pickleball paddles
- Participants must sanitize balls after use

## **SPORTSCENTER GUIDELINES**

- Must have proper footwear
- Must wear shirt and shoes at all times
- No food or drinks in the gym area. Sealed water bottles are permitted, you may eat in the lobby but please throw all trash away
- Please do not kick balls in the gym
- No foul language
- Do not hit, pull or throw balls at the gym curtain