YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE
November 2nd - November 13th

Monday	Tuesday	Wednesday	Thursday	Friday
Open Pickleball 8am-10am	Open Pickleball 8am-10am	Open Pickleball 8am-10am	Open Pickleball 8am-10am	Open Pickleball 8am-10am
Silver Sneakers Aerobics 10:10am-11am	Silver Sneakers Boom Move 10:10am-10:45am	Silver Sneakers Aerobics 10:10am-11am	Silver Sneakers Boom Move 10:10am-10:45am	Silver Sneakers Aerobics 10:10am-11am
				Silver Sneakers Yoga 11:10am-12pm
Open Gym Basketball 5pm-8pm	Open Pickleball 5pm-8pm	Open Gym Basketball 5pm-8pm	Open Gym Basketball 5pm-8pm	

MEMBERSHIP ACTIVITY DESCRIPTIONS

🤸 Open Gym – This isn't just basketball! The gym will be set up with space and equipment for a variety of activities like dodgeball, kickball, volleyball, basketball, games, and more!

🏀 Open Gym Basketball – Hoops are available for shooting around. Court space is shared for all ages, so be courteous of others. Staff may limit full court games during busy times.

🏓 Open Pickleball – A fun, fast growing sport similar to tennis and badminton. Two player teams use light weight paddles to volley a wiffle ball over a low net. Open play is for all skill levels. Some loaner paddles available.

💪 SilverSneakers® Classic – A low impact class using a variety of equipment and techniques to improve strength, endurance, and overall health. Chairs are available for seated support when needed.

🐓 SilverSneakers® Boom Move – is a dance inspired workout designed to get your heart pumping and your body moving! This fun, full body cardio workout combines easy to follow dance routines with upbeat, energizing music to keep you motivated throughout the entire class.

FACILITY GUIDELINES

- Members or paid guests only. Guests must follow full facility policies.
- Children 10 & under must be supervised by an adult.
- Shirts & proper shoes required at all times.
- No dunking or hanging on rims.
- Respect others & equipment

Full rules available at the Welcome Desk or online.

SCHEDULE UPDATES & HOLIDAY CLOSURES

Every 6 weeks, our gymnastics program hosts Parent Viewing Nights on Monday & Wednesday evenings.

Next Parent Viewing Week: TBD

YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE

November 16th - December 30th

Closed November 26th and December 24th-25th

Monday	Tuesday	Wednesday	Thursday	Friday
Open Pickleball 8am-10am	Open Pickleball 8am-10am	Open Pickleball 8am-10am	Open Pickleball 8am-10am	Open Pickleball 8am-10am
Silver Sneakers Aerobics 10:10am-11am	Silver Sneakers Boom Move 10:10am-10:45am	Silver Sneakers Aerobics 10:10am-11am	Silver Sneakers Boom Move 10:10am-10:45am No Class December 24th	Silver Sneakers Aerobics 10:10am-11am
				Silver Sneakers Yoga 11:10am-12pm
YMCA Basketball League Practices 5pm-8pm	Open Gym Basketball 5pm-8pm No Open Gym December 1st for Basketball meet and greet	YMCA Basketball League Practices 5pm-8pm	Open Gym Basketball 5pm-8pm No Open Gym November 26th or December 24th	

MEMBERSHIP ACTIVITY DESCRIPTIONS

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SCHEDULE UPDATES & HOLIDAY CLOSURES

Every 6 weeks, our gymnastics program hosts Parent Viewing Nights on Monday & Wednesday evenings.

Next Parent Viewing Week: TBD

No Open Gym December 1st for Basketball meet and greet

Holiday Closures:
November 26th Closed for Thanksgiving
December 24th-25th Closed for Christmas