



YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE August 3rd – August 7th 2026

***SPORTSCENTER WILL BE CLOSED AUGUST 10TH – AUGUST 28TH**

Monday	Tuesday	Wednesday	Thursday	Friday
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–630pm Open Gym Basketball 630pm–8pm	Open Gym Basketball 5pm–8pm	Open Pickleball 5pm–630pm Open Gym Basketball 630pm–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

SPORTSCENTER CLOSURE INFORMATION: The last day for membership functions will be on **August 7th** due to the Sportscenter closure for flooring touchups and new basketball hoops. During this time:

- **SilverSneakers Aerobics** will be held at the Gallagher Center at Ohio Eastern Star Homes on Mondays, Wednesdays, and Fridays from 10:10–11 AM.
- **Silver Sneakers Boom Move** will move to the Main Street YMCA in the large Group Fitness Room, with an adjusted start time of 11 AM.
- **SilverSneakers Yoga** will move to the Main Street YMCA in the Large Group Fitness Room, with an adjusted start time of 11:30 AM.
- **All other membership activities** and access at the Sportscenter will be on hold during the closure