



YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE May 4th – May 15th 2026

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 Aerobics 10:10am-11am		Silver Sneakers Aerobics 10:10am-11am
				Silver Sneakers Yoga 11:10am-12pm
Open Gym Basketball 5pm-8pm	Open Gym Basketball 5pm-6pm Open Pickleball 6pm-8pm	Open Gym Basketball 5pm-8pm	Open Gym Basketball 5pm-6pm Open Pickleball 6pm-8pm	

MEMBERSHIP ACTIVITY DESCRIPTIONS

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.

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.

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® Yoga – Gentle yoga postures with chair support offered. Increases flexibility, balance, and range of movement while promoting relaxation and stress relief.

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.

**Upcoming Parent Viewing Week:
May 18th and 20th**

**Upcoming Holiday Closure:
Monday May 25th – Memorial Day**



YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE May 18th - May 29th 2026

NO OPEN GYM BASKETBALL MAY 18TH OR 20TH. CLOSED MONDAY MAY 25TH FOR MEMORIAL DAY

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 *No Open Gym Basketball May 18th	Open Gym Basketball 5pm-6pm Open Pickleball 6pm-8pm	Open Gym Basketball 5pm-8pm *No Open Gym Basketball May 20th	Open Gym Basketball 5pm-6pm Open Pickleball 6pm-8pm	

MEMBERSHIP ACTIVITY DESCRIPTIONS

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.

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.

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.

SilverSneakers® Yoga – Gentle yoga postures with chair support offered. Increases flexibility, balance, and range of movement while promoting relaxation and stress relief.

FACILITY GUIDELINES

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SCHEDULE UPDATES & HOLIDAY CLOSURES

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

**Parent Viewing Week:
May 18th and 20th – No evening open gym basketball**

**Holiday Closure:
Monday May 25th – Memorial Day**