



YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE NOVEMBER 17TH 2025 – JANUARY 23RD 2026

December 2nd – No Open Gym (Basketball Meet & Greet)

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
YMCA Youth Basketball Practices 5pm-8pm	YMCA Youth Basketball Practices & Open Gym Basketball (each half court) 5pm - 6pm Open Gym Basketball 6pm-8pm	YMCA Youth Basketball Practices 5pm-8pm	Open Pickleball 5pm-6:30pm Open Gym Basketball 6:30pm-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

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 Front Desk or online.

SCHEDULE UPDATES & HOLIDAY CLOSURES

December 2nd – No Open Gym (Basketball Meet & Greet)

Holiday Closures:

Thanksgiving Day – Closed (Thursday, November 27)
Christmas Eve – Close at 12 PM (Wednesday, December 24)
Christmas Day – Closed (Thursday, December 25)
New Year's Eve – Close at 5 PM (Wednesday, December 31)
New Year's Day – Closed (Thursday, January 1)