



YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE November 27th 2023 - January 27th 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball 8am-10am		Pickleball 8am-10am		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 4pm-5pm Court 1 & 2	Open Gym 4pm-5pm Court 1 & 2	Open Gym 4pm-5pm Court 1 & 2	Open Gym 4pm-5pm Court 1 & 2	
Open Gym 5pm-7pm Court 1	YMCA Junior Cavs Practices 5pm-7pm Court 1 & 2	YMCA Junior Cavs Practices 5pm-7pm Court 1 & 2	YMCA Junior Cavs Games 5pm-8pm Court 1 & 2	
YMCA Junior Cavs Practices 5pm-7pm Court 2				
Open Gym 7pm-8pm Court 1 & 2	Open Gym 7pm-8pm Court 1	Open Gym 7pm-8pm Court 1 & 2		

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

OPEN GYM: During open gym basketball hoops are available to shoot around. Court space is shared for all age levels so be courteous of your surroundings. Staff may restrict full court games during open gym due to heavy gym demand.

SILVER SNEAKERS: This program is designed to provide a fun and challenging way for you to continue the lifelong journey of holistic health. The program is easily personalized to address multiple fitness levels and differences in health needs. A variety of equipment and techniques will be used in this program. Chairs will be used for some of the exercises and will be available to you as necessary to work toward improved strength and endurance. If you use a wheelchair, you will find this program adaptable to your specific needs.

SILVER SNEAKERS YOGA: Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.

SPORTSCENTER GUIDELINES:

- All participants must be a member or a paid guest. Guests must have a signed guest form on file (under the age of 18 must have the form signed by a parent before their first visit).
- Children ages 10 and under must be supervised by an adult at all times.
- Shirts and proper shoes must be worn at all times.
- No food or drinks in the gym area. Sealed water bottles are permitted.
- No dunking or hanging on rims.
- Profanity, abuse of gym equipment/facilities or physical/verbal assaults will result in immediate removal from the facility.