



# YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE

**JUNE 1ST - July 2ND 2025**

**\*THE SPORTSCENTER WILL BE CLOSED JULY 3RD-AUGUST 17TH FOR FLOORING REPLACEMENT.**

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 Pickleball 4pm-530pm	Open Gym Basketball 4pm-545pm		Open Gym Basketball 4pm-545pm	
Open Gym Basketball 530pm-7pm	Open Pickleball 545pm-730pm		Open Pickleball 545pm-730pm	

**RATES:** FREE to YMCA members      \$7 for Non YMCA members

**OPEN PICKLEBALL:** Pickleball is 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 are available.

**OPEN GYM BASKETBALL:** 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 CLOSURE INFORMATION:** The last day for membership functions will be on **July 2nd** due to the Sportscenter closure for flooring replacement. 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.
- **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.