



# YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE April 1<sup>st</sup> – April 30<sup>th</sup>, 2024

**\*No open gym on Monday, April 29th due to parent viewing night for gymnastics**

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 Basketball 4pm-7pm	Open Gym Basketball 4pm-5:45pm		Open Pickleball 4pm-5:45pm	
*NO OPEN GYM APRIL 29TH FOR GYMNASTICS VIEWING.				
	Open Pickleball 5:45pm-7:30pm		Open Gym Basketball 5:45pm-7:30pm	

**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 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 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.