



YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|----------------------|-------------------------|-----------------------|--------------------------|
| | | 8am- 10am Pickleball | | 8am - 10am Pickleball |
| 10am- 12pm Pickleball | | | | |
| 12pm- 1pm Noon Ball | | | | |
| | | | | |
| | 4pm- 7pm Open Gym | | 4pm - 7pm Open Gym | |

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
- Participants must sanitize balls after use

OPEN GYM- during open gym basketball hoops are available to shoot around. Full court games are permitted when enough players are present. Court space is shared for all age levels so be courteous of your surroundings.

SPORTSCENTER GUIDELINES

- Must have proper footwear
- Must wear shirt and shoes at all times
- No food or drinks in the gym area. Sealed water bottles are permitted, you may eat in the lobby but please throw all trash away
- No dunking or hanging on rims
- Please do not kick balls in the gym
- No foul language
- Do not hit, pull or throw balls at the gym curtain
- Staff may restrict full court games during open gym due to heavy gym demand