



# 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- 5:45pm Open Gym			
	6pm- 7:15pm Pickleball Clinic *Must sign up ahead of time		4pm - 7:00pm 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