



# YMCA OF MOUNT VERNON

## Sports Center Schedule

### NOVEMBER 28th–JANUARY 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8am - 10am Pickleball		8am - 10am Pickleball	9am-5pm YMCA Jr Cavs Youth Basketball
10am- 12pm Pickleball					
4pm-5pm Open Gym	4pm-5pm Open Gym	4pm-5pm Open Gym	4pm-5pm Open Gym		
5pm-830pm YMCA Jr Cavs Youth Basketball	5pm-830pm YMCA Jr Cavs Youth Basketball	5pm-830pm YMCA Jr Cavs Youth Basketball	5pm-830pm YMCA Jr Cavs Youth Basketball		

**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.

#### SPORTS CENTER 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