



YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE June 1st-June 30th 2023

Monday	Tuesday	Wednesday	Thursday	Friday
8am- 10am Pickleball		8am- 10am Pickleball		8am - 10am Pickleball
10am- 12pm Open Gym		10am- 11am Y Gym Class		10am- 12pm Open Gym
		11am- 12pm Open Gym		
	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

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.

Y GYM CLASS- Y gym class consists of your traditional P.E. activities to keep kids active while promoting motor skills during physical activities. Kickball, mat ball, tag, dodge ball, whiffle ball, four square and similar activities will be played during Y gym class!

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