



# YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE July 6th – July 31st 2026

| Monday                                                                                               | Tuesday                                                          | Wednesday                                                                                            | Thursday                                                         | Friday                                      |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------|
| Open Pickleball<br>8am-10am                                                                          |                                                                  | Open Pickleball<br>8am-10am                                                                          |                                                                  | Open Pickleball<br>8am-10am                 |
| Silver Sneakers<br>Aerobics<br>10:10am-11am                                                          | Silver Sneakers<br>Boom Move<br>10:10am-10:45am                  | Silver Sneakers<br>Aerobics<br>10:10am-11am                                                          | Silver Sneakers<br>Boom Move<br>10:10am-10:45am                  | Silver Sneakers<br>Aerobics<br>10:10am-11am |
|                                                                                                      |                                                                  |                                                                                                      |                                                                  | Silver Sneakers<br>Yoga<br>11:10am-12pm     |
| Open Gym<br>Basketball<br>5pm-8pm<br><b>*No Open Gym on July<br/>20th for Gymnastics<br/>Viewing</b> | Open Pickleball<br>5pm-630pm<br>Open Gym Basketball<br>630pm-8pm | Open Gym<br>Basketball<br>5pm-8pm<br><b>*No Open Gym on July<br/>22nd for Gymnastics<br/>Viewing</b> | Open Pickleball<br>5pm-630pm<br>Open Gym Basketball<br>630pm-8pm |                                             |

## MEMBERSHIP ACTIVITY DESCRIPTIONS

**Open Gym** – This isn't just basketball! The gym will be set up with space and equipment for a variety of activities like dodgeball, kickball, volleyball, basketball, games, and more!

**Open Gym Basketball** – Hoops are available for shooting around. Court space is shared for all ages, so be courteous of others. Staff may limit full court games during busy times.

**Open Pickleball** – A fun, fast growing sport similar to tennis and badminton. Two player teams use light weight paddles to volley a wiffle ball over a low net. Open play is for all skill levels. Some loaner paddles available.

**SilverSneakers® Classic** – A low impact class using a variety of equipment and techniques to improve strength, endurance, and overall health. Chairs are available for seated support when needed.

**SilverSneakers® Boom Move** – is a dance inspired workout designed to get your heart pumping and your body moving! This fun, full body cardio workout combines easy to follow dance routines with upbeat, energizing music to keep you motivated throughout the entire class.

## FACILITY GUIDELINES

- Members or paid guests only. Guests must follow full facility policies.
- Children 10 & under must be supervised by an adult.
- Shirts & proper shoes required at all times.
- No dunking or hanging on rims.
- Respect others & equipment

Full rules available at the Welcome Desk or online.

## SCHEDULE UPDATES & HOLIDAY CLOSURES

Every 6 weeks, our gymnastics program hosts **Parent Viewing Nights** on **Monday & Wednesday evenings**.

**Next Parent Viewing Week:**  
**July 20th and July 22nd- No evening open gym basketball**