



# YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE JANUARY 26TH – FEBRUARY 27TH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Open Pickleball 8am-10am		Open Pickleball 8am-10am		Open Pickleball 8am-10am
Silver Sneakers Aerobics 10:10am-11am		Silver Sneakers Aerobics 10:10am-11am		Silver Sneakers Aerobics 10:10am-11am
				Silver Sneakers Yoga 11:10am-12pm
Open Gym Basketball 5pm-8pm	Open Gym Basketball 5pm-6pm	Open Gym Basketball 5pm-8pm	Open Gym Basketball 5pm-6pm	Open Pickleball 6pm-8pm
	Open Pickleball 6pm-8pm			

## MEMBERSHIP ACTIVITY DESCRIPTIONS

👉 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.

🏀 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.

💪 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® Yoga – Gentle yoga postures with chair support offered. Increases flexibility, balance, and range of movement while promoting relaxation and stress relief.

## 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.

For that week only:

- Tuesday evening: Open Gym Basketball (instead of Pickleball)

**Upcoming Parent Viewing Week: March 16th and 18th**

**Upcoming Holiday Closure:**