



Membership/Visitor Details:

Adult Memberships: \$40.00

Daily Visits: \$4.00/day


Memberships are valid for a calendar year (Jan.1st-Dec.31st) of the current year. If you purchase a membership, then you do not have to pay a day fee! We do not prorate our membership fees.

Our members and visitors have access to the below programs that are geared mainly towards adults and seniors.

1. Senior Aerobics Exercise Group
2. Pickleball

Also, we have an open period in the gym. Some members choose this time to play basketball, walk, or exercise on their own time while being indoors. It's a great place to get some exercise if the weather outdoors is deemed not favorable.

If you would like to become a member, just visit the front office. We will provide you with a short form to fill out and take your payment. Payments can be made with cash, check, or credit/debit card. A small fee is tied to credit/debit purchases.



Mtn. Home Parks & Rec.

1101 Spring Street

Suite # 3

Mtn. Home, AR 72653

Phone: 870-424-9311

Facebook:
L.C. Sammons Youth Center



Mtn. Home Parks & Rec.

L.C. Sammons Youth Center

Adult Membership and Visitor Information

Phone: 870-424-9311

Senior Aerobics

Interested in a light workout to start your days off? Our senior exercise group follows simple yet effective exercise routines that help your body maintain flexibility, strength, and balance.

The class is “self ran” by other members in the group. Members and visitors workout 3 times a week.

If you are interested, come by and check it out! All that you would need to bring is a yoga mat so that you don't have to be on the gym floor for floor exercises.



PROGRAM HOURS:

Senior Aerobics:

Mondays: 9:00A.M.-10:00A.M.

Wednesdays: 9:00A.M.-10:00A.M.

Fridays: 9:00A.M.-10:00A.M.

Pickleball:

Mondays: 10:00A.M.-12:00P.M.

Tuesdays: 9:00A.M.-12:00P.M.

6:00P.M-8:00P.M

Wednesdays: 10:00A.M.-12:00P.M.

Thursdays: 9:00A.M.-12:00P.M.

6:00P.M-8:00P.M

Fridays: 10:00A.M.-12:00P.M.

Open Gym:

Mondays-Fridays: 12:00P.M.-3:00P.M.

SPECIAL NOTES:

Some hours may change due to public school breaks and holidays. Staff will post when temporary schedule changes on Facebook and at the front desk.

PICKLEBALL

Looking for a fun way to keep active? Pickleball is a great sport that improves your cardio, balance, and hand-eye coordination.

Pickleball is a simple paddle game played with a baseball-sized wiffleball over a tennis-type net on a Badminton-sized court. Most players choose to play doubles, but single matches can also be played.

This sport is great for all ages! Come join us and see why Pickleball has become the fastest growing sport all over the world!

Facebook Group: Twin Lake Pickleball Club

