



WINTER GYMNASIUM SCHEDULE

| | SUN | MON | TUE | WED | THU | FRI | SAT | |
|-------|--|---|---|---|---|---|---|--|
| 5:30 | Open 1-5 | OPEN 5:30-7:50 | PICKLEBALL 5:50-7:50 Free/ \$5 guests | OPEN 5:30-7:50 | OPEN 5:30-9:00 | OPEN 5:30-7:50 | Open 8-5 | |
| 8:00 | | Enhance® Fitness 8-9:00 | BOOM® MOVE IT & MUSCLE 8-9:00 | Enhance® Fitness 8-9:00 | ↓ | Enhance ® Fitness 8-9:00 | | Youth Sports League will utilize the gym for: Basketball: 12/1-1/26 Indoor Soccer: 2/9-4/6 |
| 9:00 | | Gentle Yoga 9:15-10:15 | SilverSneakers® Yoga 9:15-10:15 | Yogalates 9:15-10:15 | SilverSneakers® Yoga 9:15-10:15 | Gentle Yoga 9:15-10:15 | | |
| 9:30 | | | | | | | | |
| 10:00 | | | | | | | | |
| 10:30 | | | | | | | | |
| 11:00 | | SilverSneakers® Classic 10:30-11:15 | SilverSneakers® Classic 10:30-11:15 | 4's Preschool Gym 10:25-10:55 | SilverSneakers® Classic 10:30-11:15 | PICKLEBALL 10:30-12:30 Members-free/ \$5 drop in guest fee | | |
| 11:30 | | PICKLEBALL 11:30-1:30 Members-free/ \$5 drop in guest fee | Fit Fun Kids 11:30-12:30 | Pre-K Preschool Gym 11:00-11:30 | Fit Fun Kids 11:30-12:30 | | | |
| NOON | | | | | | | | |
| 12:30 | | MEMBER OPEN 1:00-5:00 ↓ | MEMBER OPEN 1:30- 3:00 | MEMBER OPEN 12:30-3:00 | MEMBER OPEN 11:30-5:00 ↓ | MEMBER OPEN 12:30-3:00 | | MEMBER OPEN 12:30-3:00 |
| 1:00 | | | | | | | | |
| 1:30 | | | | | | | | |
| 2:00 | | | | | | | | |
| 2:30 | | | | | | | | |
| 3:00 | 7th GRADE INITIATIVE 3-4 PM | | BASKETBALL 3:00-5:00 Pick-up games Ages 11+ Members-free/ \$5 drop in guest fee | ↓ | BASKETBALL 3:00-5:00 Pick-up games Ages 11+ Members-free/ \$5 drop in guest fee | 7th GRADE INITIATIVE 3-4 PM | | |
| 3:30 | | | | | | | | |
| 4:00 | MEMBER OPEN 4:00-5:30 | | MEMBER OPEN 5:00-6:00 | MEMBER OPEN 5:00-8:00 | Girls (8-10) Intramural Volleyball 5:45-6:45 | BASKETBALL 4:00-6:00 Pick-up games Ages 11+ Members-free/ \$5 drop in guest fee | BASKETBALL 3:15-5:00 Pick-up games Ages 11+ Members-free/ \$5 drop in guest fee | |
| 4:30 | | | | | | | | |
| 5:00 | No guests permitted during Member Open gym times. | | Tae Kwon Do Ages 4-5 5:30-6:15 | Tae Kwon Do Ages 6 - Adult 6:00-7:00 | MEMBER OPEN 5:00-8:00 | MEMBER OPEN 6:00-8:50 | 2nd Friday 5th & 6th grade Dodgeball | |
| 5:30 | | | | | | | | |
| 6:00 | | MEMBER OPEN 6:15-8:00 ↓ | DODGEBALL Pick-up games Ages 16+ 7:15-8:30 Members-free/ \$5 drop in guest fee | VOLLEYBALL Pick-up games Ages 16+ 7:15-8:30 Members-free/ \$5 drop in guest fee | 3rd Friday Parents Night Out | | | |
| 6:30 | | | | | | | | |
| 7:00 | ADULT OPEN BASKETBALL 8:10-8:50 (Members only) | MEMBER OPEN 8:30-8:50 | ADULT OPEN Basketball 8:10-8:50 (Members only) | | | | | |
| 8:00 | | | | | | | | |
| 9:00 | | | | | | | | |

Bob Hoffman YMCA · 1705 Palomino Rd Dover, PA 17315 · 717-292-5622 · yorkcoymca.org

Gym Schedule may be subject to changes based on programming needs



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