



SUMMER GYMNASIUM SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT	
5:30	Open 12-5	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			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
11:00								
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	MEMBER OPEN 12:00- 5:00 ↓						Nerf TAG Ages (6-11) 3/23-5/18 1:15	
12:30								
1:00				MEMBER OPEN 12:30-3:00	MEMBER OPEN 11:30-5:00	MEMBER OPEN 12:30-3:00	MEMBER OPEN 12:30-3:00	
1:30			MEMBER OPEN 1:30- 3:00	↓		↓	↓	
2:00								
2:30								
3:00								
3:30				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		BASKETBALL 3:15-5:00 Pick-up games Ages 11+ Members-free/ \$5 drop in guest fee
4:00								
4:30			MEMBER OPEN 4:00-5:30 ↓				BASKETBALL 4:00-6:00 Pick-up games Ages 11+ Members-free/ \$5 drop in guest fee	
5:00	No guests permitted during Member Open gym times.		MEMBER OPEN 5:00-6:00	MEMBER OPEN 5:00-7:15				
5:30		Tae Kwon Do Ages 4-5 5:30-6:15			Girls (8-10) Intramural Volleyball 5:45-6:45			
6:00			Tae Kwon Do Ages 6 - Adult 6:00-7:00	↓		MEMBER OPEN 6:00-8:50		
6:30		MEMBER OPEN 6:15-8:00 ↓				2nd Friday 5th & 6th grade Dodgeball		
7:00			DODGEBALL Pick-up games Ages 16+ 7:15-8:30 Members-free/ \$5 drop in guest fee	ZUMBA 7:15-8:15		VOLLEYBALL Pick-up games Ages 16+ 7:15-8:30 Members-free/ \$5 drop in guest fee	3rd Friday Parents Night Out	
8:00		ADULT OPEN BASKETBALL 8:10-8:50 (Members only)			ADULT OPEN Basketball 8:15-8:50 (Members only)		4th Friday Family Fun Night 5:30-8:30	
9:00			MEMBER OPEN 8:30-8:50					

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