PROGRAM SCHEDULE – WINTER 2016

YMCA OF YORK AND YORK COUNTY – EASTERN BRANCH YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM – 9:00 AM	OPEN GYM COURT A & B	OPEN GYM COURT A & B	OPEN GYM COURT A & B	OPEN GYM COURT A & B	OPEN GYM COURT A & B		CLOSED
9:00 AM – 10:00 AM	9:30AM-10:30AM FULL BODY CHALLENGE COURT B	9:15AM – 10:15AM SILVERSNEAKERS CIRCUIT COURT B	9:30AM-10:00AM FULL BODY CHALLENGE COURT B	915AM – 10:15AM SILVERSNEAKERS CARDIOFIT COURT B	9:30AM-10:30AM FULL BODY CHALLENGE COURT B	9:00AM – 10:00AM YOUTH SPORTS AGES 4-5 COURT A & B	
10:00 AM – 11:00 AM	OPEN GYM	OPEN GYM COURT A & B	OPEN GYM COURT A & B	OPEN GYM COURT A & B	OPEN GYM COURT A & B	10:00AM – 11:00AM YOUTH SPORTS AGES 6-8 COURT A & B	
11:00 AM – 12:00 PM	11:30AM – 12:30PM SILVERSNEAKERS CLASSIC COURT B		11:30AM – 12:15PM SILVERSNEAKERS CLASSIC			11:00AM – 12:00PM YOUTH SPORTS AGES 9-11 COURT A & B	
12:00 PM – 1:00 PM	OPEN GYM		12:00PM – 12:45PM GENTLE YOGA COURT B		12:00 PM – 1:00 PM YOGA TRAINING ROOM	OPEN GYM COURT A & B	PICKLEBALL 12:30-3 PM
1:00 PM – 3:00 PM							
3:00 PM – 5:00 PM	3:30PM – 5:00PM CHILDCARE FITNESS COURT A	3:30PM – 5:00PM CHILDCARE FITNESS COURT A	3:30PM – 5:00PM CHILDCARE FITNESS COURT A	3:30PM – 5:00PM CHILDCARE FITNESS COURT A	3:30PM – 5:00PM CHILDCARE FITNESS COURT A		
5:00 PM – 7:00 PM	OPEN GYM	OPEN GYM	5:00PM – 6:30PM YOUTH SPORTS	5:30PM – 7:00PM ST JOSEPH'S BASKETBALL	OPEN GYM	CLOSED	
7:00 PM – 9:00 PM	6:30PM – 9:00PM PICKLEBALL COURT A & B	4:30PM – 7:15 PM GYMNASTICS COURT B 7:30PM – 9:00PM YTH BASEBALL COURT B	6:30PM – 7:30PM TAE KWON DO COURT A & B 7:30PM – 9:00PM ADULT PICK-UP BASKETBALL	7:00PM – 9:00PM TEAM VOLLEYBALL COURT A & B	6:30PM- 9:PM PICK UP DODGEBALL COURT A 6:30 PM – 9 PM PICK UP BASEBALL COURT B		

EASTERN BRANCH YMCA
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