

York Community Center Sample Schedule

Gymnasium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 Pickleball 10:00 Toddler Play 12:00 Noon Hoops 2:30 Teen Time 4:30 Youth Sports Practices 7:00 Adult Sports	6:30 Athletic Performance Training 10:00 Open Gym 2:30 Teen Time 4:30 Youth Sports 7:00 Adult Sports	6:30 Pickleball 10:00 Toddler Play 12:00 Noon Hoops 2:30 Teen Time 4:30 Youth Sports Practices 7:00 Adult Sports	6:30 Athletic Performance Training 10:00 Open Gym 2:30 Teen Time 4:30 Youth Sports 7:00 Adult Sports	6:30 Pickleball 10:00 Toddler Play 12:00 Noon Hoops 2:30 Teen Time 4:30 Youth Sports Practices 7:00 Adult Sports	8:00 – 8:00 Court 1 Open Gym 8:00 Unified Basketball 10:00 – 8:00 Court 2 Youth Sports	10:00 Court 1 Family Open Gym Court 2 Youth/Adult Sports

Youth Sports: Basketball, Volleyball, Indoor Soccer, Floor Hockey, Table Tennis, Dodgeball etc.

Adult Sports: Basketball, Volleyball, Pickleball, Badminton, Table Tennis

Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 Lap Swim & Water Walking 10:00 Senior Swim 12:00 Lap Swim 3:00 Group Swim Lessons 6:00 Family Open Swim Lanes 1-3 Lap Swim Lanes 4-6 8:00 Masters/High School Swim Team	6:30 Lap Swim & Water Walking 10:00 Senior Swim/Aqua Aerobics 12:00 Lap Swim 3:00 Group Swim Lessons 6:00 Family Open Swim Lanes 1-3 Lap Swim Lanes 4-6 8:00 Lifeguard Training	6:30 Lap Swim & Water Walking 10:00 Senior Swim 12:00 Lap Swim 3:00 Group Swim Lessons 6:00 Family Open Swim Lanes 1-3 Lap Swim Lanes 4-6 8:00 Masters/High School Swim Team	6:30 Lap Swim & Water Walking 10:00 Senior Swim/Aqua Aerobics 12:00 Lap Swim 3:00 Group Swim Lessons 6:00 Family Open Swim Lanes 1-3 Lap Swim Lanes 4-6 8:00 Lifeguard Training	6:30 Lap Swim & Water Walking 10:00 Senior Swim 12:00 Lap Swim 3:00 Group Swim Lessons 6:00 Family Open Swim Lanes 1-3 Lap Swim Lanes 4-6 8:00 Masters/High School Swim Team	8:00 Swim Lessons 1:00 Pool Party Rental 4:00 Family Open Swim 6:00 Lap Swim	10:00 Lap Swim 11:30 Aqua Zumba 12:30 Open Swim 5:00 Kayak Clinics 7:00 Scuba

Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 Rise and Spin 8:00 Indoor Walking Club 12:00 Core and More 3:00 Teen Dance Party 5:00 Yoga 6:00 Pilates Fusion	6:30 Sunrise Yoga 8:00 Indoor Walking Club 9:00 Shake It Up! 10:00 Balance Fun Workouts 12:00 Spin and Abs 3:00 Teen Kickbox 5:00 Spin 6:00 Zumba	6:30 Rise and Spin 8:00 Indoor Walking Club 10:00 Line Dancing 12:00 Core and More 3:00 Teen Dance Party 5:00 Yoga 6:00 Pilates Fusion	6:30 Sunrise Yoga 8:00 Indoor Walking Club 9:00 Shake It Up! 12:00 Core and More 3:00 Teen Dance Party 5:00 Spin 6:00 Kickboxing	6:30 Rise and Spin 8:00 Indoor Walking Club 10:00 Line Dancing 12:00 Spin and Abs 3:00 Teen Dance Party 5:00 Yoga 6:00 Strength	9:00 Yoga 10:00 Zumba 11:00 Spin	10:00 Strength 11:00 Yoga

Programmatic opportunities to take place in small program rooms:

Youth	Adult	Seniors
<ul style="list-style-type: none"> • Lego • Robotics • Music Lessons • Parents Night Out • Mad Science • Game Club • Sewing • Baking and Snack Making • Esports • Art Club • Hot Wheels Garage • Safe Sitter • Curtain Callers Performing Arts • Gymnastics 	<ul style="list-style-type: none"> • Personal Training • Book Club • CPR/AED & First Aid • Arts Lessons • Martial Arts • Self Defense (RAD) • Music Lessons • Dance Classes • Gardening • Singing • Karaoke & Open Mic • Cooking (Meals and Entrees) • Baking & Decorating Sweets • Foreign Language lessons • Writing and Poetry club • Theatre • Set Design & Costume Design 	<ul style="list-style-type: none"> • Board Games • Creative Arts • Educational and Health Programs • Exercise and Wellness • Lunch Programs (Tuesday – Friday) • Nature and Outdoor Programs • AARP Tax Aide • Weekly Special Events • Entertainment • Sports • Trips

