

SENIORS ONLY

EVERY TUESDAY 9 AM-12 PM



We have reserved this time to allow our higher risk customers age 55+ to visit our center and enjoy bowling .

Bowling adds comradery and socialization to support positive growth among each other!

Burns calories- 100+ per hour

Builds muscles- 134 muscles exhausted in a 4 step approach

Weight bearing sport- Builds strong bones

Sustains hand & eye coordination

3 Games = 1 mile of walking

No barriers- everyone can participate.

HDCP accessible and ball ramps are available for those who require them.



3905 E. Market St. York, PA 17402

717-755-2946 laseralleys.com

