



ADULT SPORTS & PROGRAMS



**SPRING
SESSIONS**



**Spring II
Apr 29 to Jun 23**

GREATER VALLEY YMCA, ALLENTOWN BRANCH

gv-ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING SESSION



Spring II
Apr 29 to Jun 23

REGISTER ONLINE
or at the Welcome Center



At the Y, sports and recreational activities are something special. Friendly competition, lots of variety and a supportive environment means team sports and recreation is fun again, and it makes for a healthier lifestyle and a good story or two.

PICKLEBALL

Ages 18 years and older. Racquet sport that combines tennis, table tennis and badminton. Socialize, have fun and get fit. Three courts available.

Mon to Fri 9 AM to 12 PM

Member Free
Non Member \$3 Drop In Fee

KARATE

Ages 18 years and older. Learn self defense, improve your fitness flexibility and coordination. Sensei Ortiz holds a 5th degree in Kenpo Karate. These classes are held monthly.

Mon/Wed/Fri 7 PM to 8 PM

Member \$75
Non Member \$85

TABLE TENNIS (PING PONG)

Ages 18 years and older. An enjoyable and sociable sport that is gentle on the body but still fast-paced. Suitable for all abilities. Come along and give it a try!

Tue/Fri 6:30 PM to 9 PM

Member Free
Non Member \$3 Drop In Fee

MEN'S BASKETBALL LEAGUE

Ages 18 years and older. Running, jumping and quick lateral movements performed in basketball provide a significant amount of aerobic exercise and a full body workout great for cardiovascular health. Whether you are a seasoned athlete or just looking to explore a new hobby, Y basketball is a great way to stay active, have fun and meet new people. Call for information.

Mon/Wed 6:30 PM to 9:30 PM

Team Fee \$260

COED VOLLEYBALL LEAGUE

Ages 16 years and older. Did you know that the sport of volleyball was originally created by the YMCA? The first volleyball game was played at Springfield College in 1896, and we have been in love with the sport ever since. An exciting sport combining team play and individual skills. Call for information.

Thursday 6:30 PM to 9:30 PM

Team Fee \$260



FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY