



# ADULT SPORTS & PROGRAMS



**SPRING I  
SESSION**



**Mar 2 to Apr 26**

**GREATER VALLEY YMCA, ALLENTOWN BRANCH**

[gv-ymca.org](http://gv-ymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SPRING I SESSION



Mar 2 to Apr 26

REGISTER ONLINE  
or at the Welcome Center



Our social clubs and activities help members of our community maintain healthy spirits, minds, and bodies! Activities are designed to create lasting friendships with engaging discussions. Find the people who share you interest!

### 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 - Fri	8 AM to 12 PM
Member	Free
Non Member	\$3

### 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/Thu	7 PM to 8:30 PM
Member	\$75
Non Member	\$85

### WINTER MEN'S BASKETBALL LEAGUE

Ages 18 years and older. Winter men's basketball league is an 8 week season plus playoffs. Games are held on Mondays and Wednesday nights. If you are a single player who is interested and does not have a team, call for more information.

Mon/Wed	Call for Start Date 6:30 PM to 9:30 PM
Team Fee	\$220

### SPRING COED VOLLEYBALL LEAGUE

Ages 16 years to adult. Spring volleyball league is a 12 week season plus playoffs. Games are held on Thursday nights. If you are a single player who is interested and does not have a team, call for more information.

Thu	Starts week of Mar 2 Games Start 6:30 PM
Team Fee	\$260

### RACQUETBALL

Ages 18 years and older. A great way to get fit, lose weight and remain active, Racquetball is a game that is played in indoor courts, with a rubber ball and racquet. Play with two, three or four players, or play solo. Instruction is available. Two courts available. Reservations are recommended.

Mon - Sun	During facility hours
Member	Free
Non Member	Day Fee

### HANDBALL

Ages 18 years and older. Get fit, lose weight or just stay in shape by playing one of the oldest ball sports. Handball is played in an indoor court with two, three or four players. Instruction is available. Reservations are recommended.

Mon - Sun	During facility hours
Member	Free
Non Member	Day Fee

### TABLE TENNIS PING PONG

Ages 18 years and older. Lehigh Valley Table Tennis Association has been hosting Table Tennis at the Allentown Branch since 1990. Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets.

Tue / Fri	6:30 PM to 9 PM
Member	\$4
Non Member	\$4

