



# ADULT SPORTS & PROGRAMS



**SPRING I  
SESSION**



**Mar 2 to Apr 26**

**GREATER VALLEY YMCA, SUBURBAN NORTH 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 your interest!

### MFBB – MOVING FOR BETTER BALANCE

See Ages Below. Designed for older adults who have fallen or are afraid of falling. Feel stronger, have better balance, flexibility, and confidence. Twelve week Tai Chi based program. This class meets 2 times a week.

Ages 45 and up with a chronic condition that may impact stability or mobility.

Ages 65 and older physically mobile, with impaired stability or mobility.

Mon & Thu	10:15 AM to 11 AM
12 Week Program	Two Classes Per Week
Member	FREE
Non Member	FREE

### ADULT KARATE

Ages 18 years and older. Learn the foundations of Karate. This class emphasizes all the benefits of martial arts, including stress reduction, confidence building and self-defense, all while getting into great shape.

Thursday	7:15 PM to 8:30 PM
Winter Session	One Class Per Week
Member	\$48
Non Member	\$96

### SELF DEFENSE WORKSHOP

Ages 18 years and older. Learn safety strategies and physical techniques that will enable you to successfully prevent, escape, resist and survive, an assault. Learn psychological awareness. This 4 week workshop will teach you life saving skills.

Mar 7, 14, 21, 28 11:30 AM to 1 PM

Members	\$24
Non Members	\$48

### VOLLEYBALL LEAGUES

Ages 18 years and older. Guaranteed at least 10 weeks of play plus a single elimination tournament. Please visit Membership Services for more information.

Women’s League	Tue 6:30 PM, 7:30 PM & 8:30 PM
Co Ed League	Wed 6:30 PM, 7:30 PM & 8:30 PM

Per Team Fee	\$350 includes all games and ref fees \$200 deposit due at registration
--------------	--



**REGISTRATION OPEN**

Member	Feb 10
Non Member	Feb 17

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY