



Adult Sports Fall 1 Programming 2024

Volleyball Open Gym

- Member: FREE Public: \$3
- Join us every Sunday at the Downtown YMCA from 3-5 PM for the volleyball open gym. Open gym is free for the YMCA members and \$3 for the public, so drop-ins are welcome! Must be 16 years or older to participate.

Adult Swim

- Member: \$65 Public: \$130
- Open to everyone from ages 13-99
- Mondays, Wednesdays, and Fridays at 10:00 AM and Monday and Wednesday evenings at 7 PM at the Kerasotes YMCA.

Adult Karate

- Member: \$125 Public: \$165
- Adult karate is for students 13 years old and up (or at the discretion of the instructors) begin to continue their karate journeys. This class incorporates blocks, kicks, throws, punches, advanced techniques, combat, and self-defense techniques.
- Classes are Monday-Thursdays at 6:30 PM at the Downtown YMCA
- Wednesday night's class is for advanced students, green belts, and above (or with an instructor's permission) to attend. All other nights are open for all ranks.

Racquetball League

- Member: \$30 Public \$70
- Join our fun racquetball league with members of the community! We have 3 different divisions of play: beginner, intermediate or advance. This is a 9-week session, and matches are scheduled at the availability of the two players. The league aims to play 1 match per week.
- All matches are played at the Downtown YMCA

Golf Performance Training

- Prices Vary
- Any golfer, any level, knows that there's always room to improve their performance. What they may not realize, however, is that the best investment in improving their golf game is in their own physical conditioning. No golf club, golf ball, or item of

clothing can enhance your ability to swing a golf club like improvement in mobility and fitness. A few simple changes and adjustments in form, flexibility, and stability, in addition to a very thorough TPI (Titleist Performance Institute) screening and assessment, can impact your golf game significantly.

- Open to everyone from ages 13 to 99 at the Downtown YMCA

Belt Testing

- For more information on testing, see the front desk for registration and pricing. participants need to schedule a time and location with the instructor.