

ADULT SPORTS & COURTS

Schedule in effect from January 7 - June 15, 2008

PROGRAM	TIME	LOCATION	ADDITIONAL INFORMATION
Squash & Racquetball	Various	Courts	Contact 621-4998 ext. 229 to book a court. Must be a member to book.
Squash Lessons	Tuesday 9:00-9:40 a.m. Wednesday 7:00-7:40 p.m.; 7:40-8:20 p.m. Thursday 9:00-9:40 a.m. Saturday 8:20-9 a.m. * Additional evening times may be available upon request	Courts	Members only - no cost Contact 623.YMCA ext. 245 to book.
Racquetball Lessons	Thursday 5:40-6:20 p.m.	Courts	Members only Contact 621-3250 ext. 245 to book.
Indoor Basketball	Tuesday & Thursday 12 - 1:30 p.m.	Gym	Players must be 18 years or older. Limit first 16 players.
Masters Basketball	Wednesday & Friday 12 - 1:30 p.m.	Gym	Players must be 25 years or older. Limit first 16 players.
Basketball 15+ years	Monday 8:30 - 10:45 p.m.	1/2 Gym	Drop-in program Day fee patrons welcome. Contact 623.YMCA ext. 233 for more info.
Badminton 15+ years	Tuesday 8 - 10:45 p.m. Wednesday 8:30 - 10:45 p.m.	Gym	Drop-in program. Day fee patrons welcome. Contact 623.YMCA ext. 233 for more info.
Volleyball 15+ years	Thursday 8:30 - 10:45 p.m. Sunday 8 - 10 a.m.	Gym	Drop-in program. Day fee patrons welcome. Contact 623.YMCA ext. 233 for more info.
Table Tennis 15+ years	Monday 8:30 - 10:45 p.m.	1/2 Gym	Drop-in program. Day fee patrons welcome. Contact 623.YMCA ext. 233 for more info.

Squash/Racquetball Information: For members 15+, or those holding a valid shoe tag. Those under 15 years may play with adult guardian. Can reserve up to three days in advance; can hold only one reservation at a time. Must sign-in prior to playing. Failure to do so can result in loss of reservation privileges. Call 623-YMCA ext. 229, or visit the Membership Sales Desk in person to reserve your court. Rental Fee: \$20 deposit - when racquet is returned in good condition, \$15 refund applies.

Adult Squash Ladder

This friendly competition runs September through April. Players are ranked based on playing level and grouped into boxes of 5 - 7 players. New players are entered on the first of the month. Please call 623-YMCA ext. 245 with contact information and playing level to join.



Chaplin Family YMCA
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www.ymcambridge.com

A Piece of YMCA History:

In 1891, Dr. James Naismith, at the International YMCA Training School in Springfield, Massachusetts, was asked to invent an indoor winter sport. hanging peach baskets from an elevated running track, he tacked 13 rules to the wall and taught the men his game: basketball.