



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# LIFETIME WELLNESS

## Basketball Court Programs

January 2nd - March 23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-1:00	Adult	Adult	Adult	Adult	Adult	6:00-9:00 Open	9:00-3:00 Open
1:00-3:00	Open	Open	Open	Open	Open	9:00 - 6:00 Youth Leagues Jan. 14 - Mar. 10	3:00 - 8:00 Women's League Jan 8th - Mar. 11
3:00-5:30	Youth, High School & Family Basketball	Youth, High School & Family Basketball	Youth, High School & Family Basketball	Youth, High School & Family Basketball	Youth, High School & Family Basketball		
5:30-10:00	Open	Open	Open	Open	Open		

### It is More than Playing Basketball

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.

### Youth, HS and Family

Youth, high school and families welcome. If a family would like a hoop, either one full size or short hoop is given them. (Short hoops available for check out to adults, at Reception Center.) Families are encouraged to combine and use one hoop.

### Youth Sports Leagues

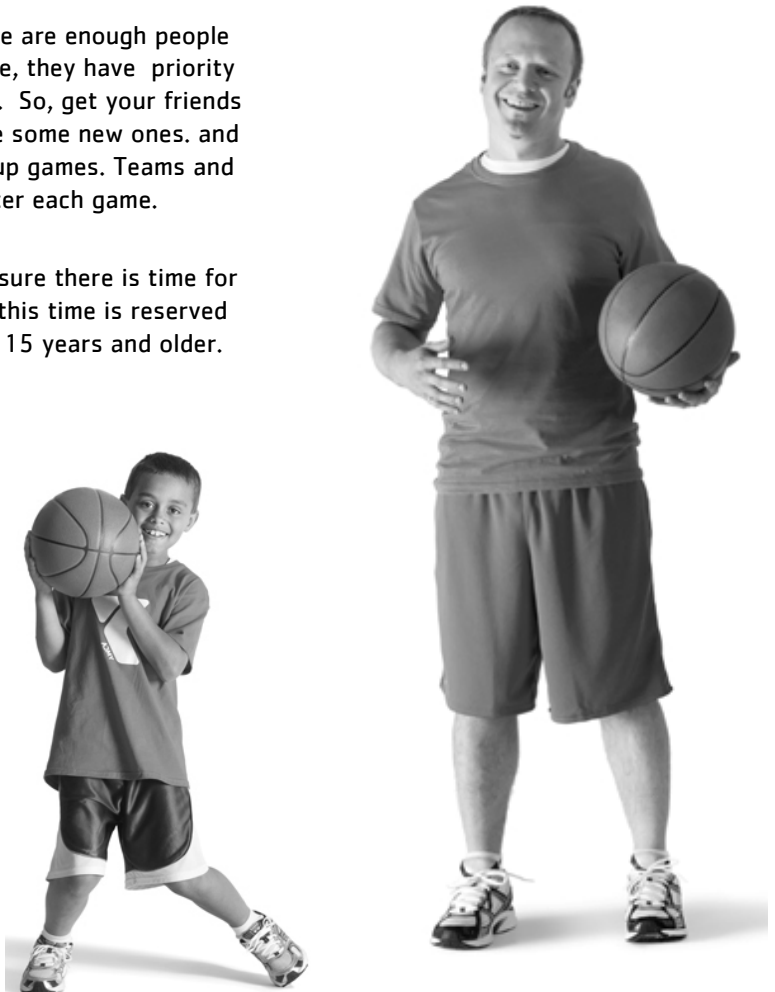
A great opportunity for youth to learn and enjoy this lifetime sport. Each season has leagues for different ages and grades. For information on current leagues, camps and clinics, please see our website at [www.eugeneymca.org](http://www.eugeneymca.org) or the flyers in our lobby.

### Open

Free time. If there are enough people for a pick up game, they have priority for half the court. So, get your friends together, or make some new ones. and enjoy a few pick up games. Teams and players rotate after each game.

### Adult

In an effort to ensure there is time for all types of play, this time is reserved for those players 15 years and older.



### Eugene Family YMCA

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