



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

LIFETIME WELLNESS

Racquetball Court Programs

January 2nd - March 23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00	Aikido Squash Court		Aikido Squash Court		Aikido Squash Court	8:00-9:00 Adult Aikido Squash Court
3:30-5:00	High School R.ball Team Courts #3,4	Youth, High School & Family R.ball Courts #4	High School R.ball Team Courts #3,4	Youth, High School & Family R.ball Courts #4	Youth, High School & Family R.ball Courts #4	9:00-10:00 Kid's Aikido Squash Court
3:30-6:30	Handball Challenge Courts # 1,2	Racquetball Challenge Courts # 1,2	Handball Challenge Courts # 1,2	Racquetball Challenge Courts # 1,2	Handball Challenge Courts # 1,2	
5:00-6:00		Kids Aikido Squash Court		Aikido Squash Court		
6:00-7:00		Adult Aikido Squash Court		Adult Aikido Squash Court	All of our schedules are on line. Please consider viewing them there.	

Recreation that Feels Great

So many activities serve to restore our spirits and energy, get us moving or test our limits. And for many of us, they're the foundation of active living and rewarding relationships. Instruction, lessons and drop in play are all part of the mix, so it may be time for you to try something new.

Equipment

Racquets and balls can be checked out at the Reception Center Desk. Please, for your safety, we recommend eye guards.

Reservations

Members can make reservation up to one week in advance. Please just call or stop by the Reception Center to make sure you get a court.

Challenge Courts

This is a great opportunity to introduce players, of all skill levels, to each other. Come join us for a pick up game. Players rotate in after each game, so you will get a lot of games and have a lot of fun!

Racquetball Lessons

New to the game or ready to take your game to the next level? Lessons are a great way to really get going in this lifetime sport. Lessons are available for youth and adults. We offer private, group or family lessons. Learn to play or improve your game. Register at the Reception Center.

Racquetball Team

High School Team. Please see Reception Center for more information.

Aikido

Build your poise, confidence, self-expression and leadership through a self-defense technique program. Courts are reserved 1/2 hour before and after for mat set up/take down.

Kid's Aikido

(6-12 years) Learn coordination of mind and body; discipline, confidence and respect for others. Parents are welcome to participate. Drop-in's ok... come check it out. Courts are reserved 1/2 hour before and after for mat set up/take down.



Eugene Family YMCA

2055 Patterson Street, Eugene OR 97405

P 541 686 9622 W eugeneymca.org