



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT SPORTS

JOIN IN AND HAVE SOME FUN
EASTERN COMMUNITY YMCA



Learn Pickleball for beginners

This clinic style pickleball program will get you ready to play. Learn the rules and skills of pickleball in a small group setting. All equipment provided, just bring yourself! 7 weeks of clinic

\$25 member / \$ 50 non-member

Adult Volleyball League - Held at Toledo Indoor Sand Volleyball

Join in our co-ed recreational league held in partnership with Indoor Sand. 4v4 games held on Sunday afternoons. If you are looking to join a team or short a player please contact Dayre. Must have 1 female on the court at all times. Minimum 4 on roster, maximum 6 on roster. 6 games guaranteed. Team registration ONLY.

Team Fee \$300

Self Defense Class

Self defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully escape, resist, and survive violent attacks. This self defense course provides psychological awareness and verbal skills, not just physical training.

4 WEEK MINI SESSION

\$25 member / \$50 non-member

EASTERN COMMUNITY YMCA

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