

# YMCA ADULT SPORTS

FOR HEALTHY LIVING -Improving the nation's health and well-being

## YMCA ADULT SPORTS

### TRIATHLON CLUB- sign up each session.

Do you like to swim, run and cycle? At the Y there is a group of dedicated athletes that workout and compete together. Share your knowledge and better yet have fun. All levels are welcome. This is a dedicated swim practice for athletes to work on endurance, racing, strength and strokes. Join us Saturday mornings in the pool 6:30-7:30AM followed by indoor cycling and running. Or join any masters swim time for a great swim workout.

Contact Rebecca Stephens, Senior Program Director, 228-9622 ext 150 or [rstephens@concordymca.org](mailto:rstephens@concordymca.org)

Pool time: Sat. 6:30-7:30 AM & Friday: 8:30 -9:30 PM

**FREE TO MEMBERS**  
**Only available to Full Members.**

### MEN'S PICK-UP BASKETBALL

Are you stressed out? Want to play some hoop? Join our pick up basketball games! Go back to the office feeling like you are in college again.

**Mon. - Fri.: 12:50 - 2:00 PM**  
**Fee: FREE TO MEMBERS**

### MASTERS SWIMMING- sign up each session.

Do you love to swim? Do you want to try racing again and have some fun getting in shape? Come swim on Friday nights 8:30-9:30PM, Mon. & Wed. 7:30-8:30AM. This is a dedicated swim practice for athletes to work on endurance, racing, strength and strokes.

If you are interested in racing with US Masters, you must register for NE Masters. There is a fee for US Masters. This is a self managed volunteer group. If you have questions or if you are interested in volunteering to help manage this group contact Rebecca Stephens, Aquatics Director, at ext 150 or [rstephens@concordymca.org](mailto:rstephens@concordymca.org)

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### SQUASH

Our squash court is available for you to use on a first come first serve basis. Get a workout in at noon, or call ahead to reserve a court before work and feel refreshed all day!

**Fee: FREE TO MEMBERS**



Cyan Magenta Yellow Black

**FINANCIAL AID IS AVAILABLE.**



**224-3511**

Appointments available within 24-48 hrs., most insurances accepted, personalized, one-on-one care, orthopedics and sports related injuries, sprains and strains, back and neck pain, sciatica/disc conditions.

**Aquatic Therapy is now available.**  
**Contact Chip Larson for more information.**