



# MONROE COUNTY YMCA

SOUTHEAST BRANCH  
2125 South Highland Avenue  
Bloomington, IN 47401  
812-332-5555

For class descriptions and more program information, see program catalog or [monroecountyyymca.org](http://monroecountyyymca.org)

Prices are listed for members/non-members

## ADULT SPORTS SUMMER 2016 Southeast Branch

### RACQUETBALL

#### RACQUETBALL RESERVATIONS, FEES, & POLICY

- Reservations can be made up to one week in advance.
  - Members age 12 and over may play without adult supervision.
  - Court fee is due on day reservation is made. Only credit cards will be accepted for reservations made by phone. We highly encourage members to purchase a Racquetball Pass. Reservations: \$2.00 Walk-on: No Fee
- Racquetball Pass: Save Money! Purchase 15 reservations for \$25 at the Welcome Center. YMCA members only.

#### RACQUETBALL LESSONS

By appointment only \$15/\$30 per hour

#### RACQUETBALL LEAGUES

Both A and B skill levels available.  
Minimum age: 16  
Leagues are played under regular session dates.  
M/W 5:00-10:00 pm \$25/\$40 per person

#### ADULT BASKETBALL LEAGUE

Both competitive and recreational divisions will be offered.  
Season starts May 22.  
Sun 4:00-10:00 pm Team Fee - \$415  
South Court

Questions? Contact Matt Osgood, [mosgood@monroecountyyymca.org](mailto:mosgood@monroecountyyymca.org).

### 2016 SUMMER RUNNING PROGRAM

May 16 - August 6  
• Introductory meeting: Monday, May 16, 6:00 pm in the YMCA Program Room (We will be meeting with the Triathlon Training Group)

Have you registered for a Fall 2016 running event -- half marathon or full marathon? Want an organized group to run with during the summer? Then this is your program! Coaches are trained to help you with your running needs. Become a stronger runner and increase your running mileage.

Training days/times:  
T Walks/Runs - 6:00 pm  
Th Walks/Runs - 6:00 pm  
Sat Walks/Runs - 8:00 am

\$65/\$160

### 2016 TRIATHLON TRAINING PROGRAM

May 16 - August 6  
Training plan(s) include:  
• Introductory meeting: Monday, May 16, 6:00 pm in the YMCA Program Room  
• Swimming instruction (stroke work, endurance, speed)  
• Open water training swims  
• Bike rides (safety, endurance, speed)  
• Runs (technique, pacing, endurance, speed)  
• BRICK work (bike and run combination)  
• Specific triathlon resistance training

Training days/times:  
M Swim 7:00 pm  
T Run 6:00 pm  
Th BRICK 6:00 pm  
Sat BRICK 7:00 am

\$125/\$300

Questions? Contact Margie Kobow, 961-2175 or email [mkobow@monroecountyyymca.org](mailto:mkobow@monroecountyyymca.org).