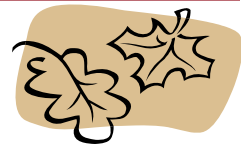


Fall Adult Sports at the MetroWest YMCA



Drop In Volleyball- (Ages 18+).....03225-41

Thursdays 7:30-9:30 Sept. 10th through October 24th

Members \$35/Non-members \$60

Serve, set and spike Thursday nights at the YMCA. Come with your friends or meet new ones all while showing off your volleyball talents. Teams will play round robin style every night against other squads in the league.

Fall Running Club (Ages 18+).....03210-52

Tues/Thurs. mornings 6:30AM-7:30AM Sept. 15th through Oct. 24th

Members \$54/Non-mbers \$108

Perfect for an introduction to the sport or the seasoned runner. Participants will work with experienced staff members to learn the tips and training regimes essential for success in the sport. Have fun, stay fit and meet fellow runners!

Stop by today and register!

MetroWest YMCA
280 Old Connecticut Path
Framingham, MA 01701

Phone: 508-879-4420 x30
E-mail:
JMarshall@metrowestymca.org

