



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET YOUR GAME ON ! Drop In Basketball

SUNDAYS | 1:00—4:00 PM

Location: The Dome, A YMCA Activity Center

Format: Come and play futsal and meet other players. Players will form teams on their own and determine how long the games will be. The concept is to allow players to interchange and play. You can do a challenge court night where the winning team stays on for three games in a row if they win. The losing team will be replaced by players sitting out. Drop in allows everyone to participate regardless of skill level. Help improve your game and get some great exercise.

Fees:

Dome Members	FREE
YMCA Members	\$1
Program Participants	\$3

Contact: Stacy Castoe,
Dome & Healthy Initiatives Director
(P)620.275.1199 ext. 101
(E)scastoe@ymcaswkansas.org

Five Hidden Health Benefits of Basketball

- ◇ Improve motor skills & coordination
- ◇ Improves self image
- ◇ Reduces stress
- ◇ Improves sleeping habits
- ◇ Improves cardiovascular health



JOIN TODAY!

*Upgrade to a membership today as a participant at
NO CHARGE! Save over \$100!*

*Already a member? Recruit a friend & pay much less.
Get details at signup.*