

# ADULT - FITNESS

## WOMEN'S SELF DEFENSE – How to Stay Safe

Jeanne Donnelly



Whether you are headed out into the workforce, off to college or planning a trip, it is extremely important that all young women know how to stay safe. This important program will provide basic information about safety and teach effective self-defense techniques for preventing dangerous situations. It will also address how to recognize and stop a situation from becoming potentially dangerous.

Course # C27-18 1 session  
 Wednesday, June 6 6:30-8:00pm  
 High School Aerobics Room - Enter Gym Doors \$25

## AFTER WORK GOLF GROUP LESSON

Greg Dowdell, PGA Professional  
 Kevin Weldon, USGTF Professional

This program is for golfers of all ability levels and will consist of five 90-minute group lessons during which participants may choose to work on the practice area or on the course. The program covers basic rules and etiquette, the full swing, and short game, as well as the use of practice facilities, range balls, equipment, and all green fees. Rain date August 13.

Course # D46-18 5 sessions  
 Mondays, July 9-August 6 6:00-7:30pm  
 Maplegate Country Club, 160 Maple Street, Bellingham \$130

## ONE DAY GOLF SCHOOL

Greg Dowdell, PGA Professional  
 Kevin Weldon, USGTF Professional

This is a one-day program for serious golfers of all ability levels. This comprehensive program examines the golf swing and covers set-up fundamentals, the full swing, chipping and putting using the latest V1 video analysis techniques. The day will be spent practicing skills in the morning and playing a 9-hole lesson in the afternoon. The program includes use of practice facilities, range balls, equipment, all green fees and lunch.

Course # D47-18 1 session  
 Saturday, June 23, July 14 or August 11 9:00am-3:00pm  
 Maplegate Country Club, 160 Maple Street, Bellingham \$140/session

## WOMEN, YOGA & HEALTH

Siri Krishna Khalsa

This is a 6-week course designed for women only. Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Wear comfortable clothing and bring a mat or towel to class.

Course # D48-18 6 sessions  
 Tuesdays, July 10-August 14 6:30-7:45pm  
 Medway Public Library - Lower Level \$60

## PICKLEBALL

Steve Karra



Pickleball – the fastest growing sport in America – has come to Medway! This fun game, invented 50 years ago, is a combination of tennis, badminton and ping-pong and is played with a plastic ball on a court one third the size of a tennis court. It can be played by just about anyone and is a great way to exercise, be social and have a blast. Join us and find out why the pickleball craze is sweeping the nation! Please bring a pickleball racquet to each session.

Park in the lot behind the Burke-Memorial School complex off of Legion Avenue. The program will take place on the Memorial School basketball courts. The Memorial School gym will be used in the event of inclement weather.

Course # D49-18 6 sessions  
 Mondays, July 9-August 13 6:30-8:30pm  
 Memorial School Outdoor Courts - Legion Avenue \$40



## WATER FITNESS PROGRAMS – Franklin YMCA

YMCA Aquatics Staff

The Franklin YMCA offers a variety of fitness programs that allow all ages and abilities to enjoy the pool. Participants pay \$5 per Water Fitness class. Please register and pay for the number of classes you plan on attending; passes will be mailed to your home address. You may attend any of the programs/days/times noted below. Class descriptions are available on our website. Visit [www.medwayce.org](http://www.medwayce.org) and select the link **YMCA Programs**. There is no deadline for registration and passes do not expire. All classes are 45 minutes in length.

**Aqua Yoga & Stretch** Mondays 11:15am

**Aqua Circuit Training** Tuesdays 7:30pm

**Deep End Water Fitness** Thursdays 9:30am

**Water Walk/Yoga Stretch** Wednesdays 11:15am

**Hydro Fit** Mondays 7:30pm

**Cardio Aqua** Mondays, Wednesdays, Fridays, Saturdays 8:00am

**Aqua Arthritis** Tuesdays, Thursdays 8:00am

**Aqua Zumba** Tuesdays, Thursdays 12:10pm; Fridays 11:10am

Course # DY-18 45 Forge Hill Road, Franklin \$5/class

