

Yang Style Tai Chi

Yang Style Tai Chi is an internal Chinese martial art, which embodies Taoist philosophy, and accordingly is extremely beneficial for good health. It is also a method of relaxation, used for increased focus and concentration. Benefits include stress reduction and better concentration, as well as improved flexibility, strength, enhanced immune system, balance, memory, circulation coordination. Huan is the 6th generation of Yang Style Tai Chi. He studied under three Grandmasters from Yang family lineage. You have seen his articles featured in US's International Tai Chi Magazine and China's Tai Chi magazine.

Mondays @ Watertown Boys & Girls Club 10 Weeks: January 11 th – March 29 th	Adults 18+	
12:00pm – 1:00pm	No program: 1/18, 2/15	Group Limit: 16 Fee: \$75

Men's Basketball - Open Gym

This basketball program is designed to provide exercise and fun for men ages 30 and over. The program offers gym time to enjoy competitive playing in a recreational setting.

Sundays @ Watertown Boys & Girls Club 8 Weeks: December 13 th – February 7 th	Adult Men 30+ 8:30am – 10:00am	
No Program: 12/27	Group Limit: 18	Fee: \$55.00

20-Something Basketball - Open Gym

This basketball program is designed to provide exercise and fun for adults age 18 to 29. The program offers gym time to enjoy competitive playing in a recreational setting.

Thursdays @ Watertown Boys & Girls Club 6 Weeks: December 17 th – February 4 th	Adults 18 - 29 8:00pm – 9:15pm	
No Program: 12/24, 12/31	Group Limit: 18	Fee: \$40.00

Adult Pickleball

The adult pickleball program is designed to provide exercise and fun for participants of all ages and ability. The program offers gym time to enjoy both leisurely and competitive play in a recreational setting. Come get involved in one of the fastest growing recreational activities.

Tuesdays @ Watertown Boys & Girls Club 8 Weeks: December 8 th – February 2 nd	Adults 18+ 7:30pm – 9:00pm	
No program: 12/29	Group Limit: 16	Fee: \$55.00