

## Golf

### DRIVING RANGE

The Carlson MetroCenter YMCA sports the YMCA of Greater Rochester's ONLY indoor golf range. Its two tee mat areas are perfect for chipping, pitching and driving. It can also be used to work on your irons. Bring your own clubs or use the clubs on site. Members MUST go through a short orientation to be allowed to gain access to the Driving Range.

### EXPONENTIAL RESISTANCE TRAINER "POWERGROOVE"

This machine assists in the learning and mastering of the golf swing, where the body is directly trained to perform the correct sequential muscle firings automatically. Highly targeted muscle strengthening that is both golf-specific and accomplished via golf swing motion. This method of muscle development is uniquely efficient, correct, and effective.

Neuromuscular conditioning that in essence programs unconscious muscular reflexes to fire correctly in sequence - automating the fold swing as never before possible. This is commonly called "muscle memory," overriding bad habits as if they never existed, grooving the swing like regular golfers dream of, and offering rarefied levels of control to accomplished golfers.

### IMPACTSTIK

The ImpactStik mechanism is excellent for developing feel of the pendulum sensation of the golf swing. It corrects outside-inside swings, reverse pivoting, weak left arm, deceleration at impact, poor follow-through and finish. By utilizing a sliding weight mechanism, the ImpactStik provides a special type of progressive resistance that helps a golfer develop a natural feel for an accelerating golf club. Because the physics of the mechanics are correct, the ImpactStik works more synergistically with the unconscious (sub cortical) neuromuscular physiological reflexes of the human body, which fire automatically during the swift downswing of a golf swing.

## Golf Lessons

We offer lessons through former PGA Tour Pro Bob Hill. Lessons can be one-on-one or for groups up to four. Call 263-4269 for more information.

## Racquetball

The Carlson MetroCenter has four courts that can also be used for handball. Although we do take reservations for court times, courts are often available and are on a first come, first use basis. Racquets, balls, and goggles are available for loan at the Front Desk.

In addition to open racquetball, we offer leagues in the Fall, Winter and Spring for beginner, intermediate and advanced players. There are also a number of tournaments for singles and doubles players throughout the year. Information can be found on the bulletin board outside the first racquetball court.

## Martial Arts Defensive Fitness

Every week you and your family members will learn tactics and techniques that can be used for self defense. You will also be working in exercises that will develop these skills as well as get and keep you and your family fit. Individuals can sign up as a family or by themselves.

*Call 263-4269 for more information.*

## Adult Pick-Up Basketball

The Carlson MetroCenter YMCA offers supervised (clock and score keeper) adult pick-up basketball throughout the week in its gym. Games are played to 15 points or fifteen minutes whichever comes first.

Day	Time
Mon-Thus	Gym A 4 on 4 6:00-9:00pm
Wed/Fri	No clock or scorekeeper 11:45am-1:15pm
Sat	Full Court 5 on 5 11:00am-2:30pm

## Gym Schedule

### Monday – Friday

5:00-9:45 am	Adult Full
9:45-11:45 am	CS / RS
11:45-1:15 pm	Adult Full
1:15-3:15 pm	CS / RS
3:15-5:00 pm	Open (A), ASP (B)
5:00-9:30 pm	Adult Basketball (A), Youth /Family (B)

### Saturday

6:30-9:00 am	Open Full
9:00-10:00 am	Youth Sports Full
10:00-11:00 am	Open Full
11:00-2:30 pm	Adult Basketball Full
2:30-7:30 pm	Open (A), Youth (B)

### Sunday

9:00-1:00 pm	Open (A), Youth/Family (B)
1:00-2:30 pm	Open Full
2:30-5:30 pm	Open (A), Youth/Family (B)

CS=Charter School Phys. Ed.  
RS=RazorSharks Practice  
ASP=After School Programs  
(A)=A half of the Gym  
(B)=B half of the Gym

