



P R E S S R E L E A S E

59 Post Road East | PO Box 190 | Westport CT 06881-0190

Program Contact

Melinda Craig
Member Services
(203) 226-8981 x161
mcraig@westporty.org

For Release: Immediate

Play Racquet Sports at the Westport Weston Family Y

Westport CT, September 27, 2007 – Whether your sport is badminton, racquetball, squash or table tennis, the Westport Weston Family Y is the place to be.

The Family Y has an active group of badminton players who always welcome new players. Every Thursday from 12:00 noon – 3:00 pm and Saturdays from 12:30 pm – 2:00 pm, there is a fast-paced game in the Upper Gym. Some players are newcomers, while others have been playing for decades. This activity is part of the comprehensive membership at the Family Y and is included for people who are guests.

Following up last year's successful Badminton Expo that featured Olympic Athlete Charmaine Reid, the Family Y is hosting two Badminton Clinics which are free to members and guests. Emi Tollefson, a member of the Japanese National Badminton Team, will be giving lessons on Saturday, September 29th and Saturday, October 6th from 2:00 pm – 3:00 pm. A regular player at the Family Y, Emi has been a singles champion for three years and a participant in the Asian Olympics for four years. Whatever your skill level, spend some time with Emi and you will walk away with tips to improve your game.

This year's racquetball ladder starts on October 1st and continues through May 2008. The ladder is free to women and men who are members of the Family Y. Non-members are welcome and need only pay a \$10 guest fee each time they play a match. To sign up for the ladder, contact Melinda Craig (226-8981 x161; mcraig@westporty.org) and provide your name, telephone number, email address and level of play.

For aficionados of table tennis, there is time to play every Tuesday from 1:00 pm – 4:00 pm in the Upper Gym. The Y's Men have a regularly scheduled group of players and we will be happy to set up another table (or two) if you call ahead.

We hope you'll come to the free Badminton Clinic or join us anytime for an afternoon of play.

Racquet sports provide an excellent workout – enhancing your endurance, flexibility, agility, touch and speed – and an opportunity to share good times at the Westport Weston Family Y.