



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TABLE TENNIS

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
1:30-4:00 PM	12:00-4:00 PM	1:30-4:00 PM	12:00-4:00 PM	1:00-4:00 PM*



OPEN TO ALL MEMBERS
Location : MP1 on the 2nd floor

FORGE FRIENDSHIPS

The North Brooklyn YMCA takes pride in leading our members down a fulfilling path to wellness where they can focus not only on the body but the mind as well. Our goal is to offer the highest level of opportunities for our constituent's fulfillment into their lives. For years YMCA programs have strengthened our youths, adults and entire community by encouraging relationship building. Our table tennis club has participated in playing and enjoying the sport here at the North Brooklyn YMCA.

Since the 1880's, the sport of Table Tennis has been most popular for socializing and keeping people active. Whether you're playing singles or doubles, Table Tennis has proven to have many benefits mentally, physically, and spiritual.

Some benefits of Table Tennis:

Playing improves hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy. This makes it the perfect game for young people to sharpen reflexes, and for older people to refine tactics.

Improves reflexes

Due to the fast-paced, short-distance nature of the sport, both gross and fine muscle movements are improved. The game is distinguished by bursts of exertion and recovery, leading to fast-twitch muscle development.

It's easy on the joints

Have you had knee surgery, back problems, tired of twisting your ankles? Try table tennis. It's a great way to improve your leg, arm and core strength without overtaxing your joints.

Burns calories

A 150-pound person can burn 272 calories by playing table tennis for an hour. Considering the fact that the sport is entertaining and addictive, it can be a fun and easy way to burn calories.

Offers a social outlet

Whether you play in the community center or at home with friends, table tennis offers a great way to bond with other people while you lose weight. Because young and old people can play the game, it can help improve communication and build relationships, irrespective of age. Playing at home with siblings or parents can bring family members closer and enable them to spend more quality time with each other.

Improves coordination

Following the ping pong ball as it moves quickly toward you, and following its trajectory as your opponent hits it helps improve hand-eye coordination.