

MORE THAN A GAME

THE Y SPORTS EXPERIENCE

Remember when you were a kid and getting exercise meant heading to a basketball or little league game? Then afterwards you would go and get ice cream to celebrate. Those were good times, right? Just because your grown up now, it doesn't mean those good times have to stop! So, if you're looking to recapture your passion for competition, reinvigorate a stale workout routine, or simply make new friends, look no further!! A team sport could be just the ticket! Register your team online at: www.grantspassymca.org or return this form with payment to the YMCA

WANT MORE WITHOUT THE COMMITMENT?

Check out the gym schedules for Open Recreation times for Badminton, Pickleball, Volleyball, Basketball and more! They are updated monthly and posted on the YMCA website and gym doors.

SPORTS LEAGUES

Co-Ed, Men's and Women's Adult Competitive and Recreation Sports Leagues. They will either take place indoors or outdoors and run 7-10 weeks.

BECOME A YOUTH VOLUNTEER COACH

Be a positive influence for kids by serving as a volunteer coach at the Y. Whether you're new to coaching or a "seasoned veteran," don't worry. We've got you covered. The Y offers Coach's Training for anyone interested in leading a team.

FACILITY RENTALS

Do you have a team that needs additional practice time? Contact the director at slund@grantspassymca.net for availability.

REFUND POLICY

Refunds and credits will be determined by the Program Director.

WEATHER POLICY

In case of inclement weather, a decision will be made 2 hours before the start of the program scheduled time. Make-up sessions will be scheduled based on field and gym availability.

QUESTIONS?

Please contact:
Stephanie Lund
Director of Sports and Family Programs

slund@grantspassymca.net
541-474-0001

Visit grantspassymca.org to register online, view game schedules & more!



FALL 2020 ADULT SPORTS

IT'S NOT JUST KIDS STUFF
Grants Pass Family YMCA



GET BACK INTO THE GAME



TEAM INFORMATION

CAPTAINS NAME: _____

Email Address: _____
(Email address used for weekly program updates)

PHONE NUMBER: _____

TEAM NAME: _____

CAPTAIN INSTRUCTIONS:

- Fill in the player's name neatly and legibly below.
- Rosters will be in a binder at the field and/or gym for players to sign prior to playing.

Players Names:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

FALL ADULT SPORTS LEAGUES

OUTDOOR VOLLEYBALL LEAGUES

Located at Riverside Park (baseball outfield)

COMPETITIVE "A" LEAGUE (4 vs 4)

Days: Wednesdays, Sept. 23 – Nov. 11 (8th week is a tournament)
Times: 6:00-9:00pm
Ages: 16+ years old
Cost: \$150 per team (\$50 deposit due at registration & balance due Sept. 30th)
Registration deadline is Sept. 16, 2020

RECREATION "B" LEAGUE (6 vs 6)

Days: Thursdays, Sept. 24 – Nov. 12 (8th week is a tournament)
Times: 6:00-9:00pm
Ages: 16+ years old
Cost: \$200 per team (\$50 deposit due at registration & balance due Sept. 30th)
Registration deadline is Sept. 16, 2020

League will take place at Riverside Park at the baseball outfield. We will set up outdoor net systems to play a grass league. Lights will come on when it gets dark outside. If face mask restrictions while working out get lifted we'll then move back inside at the YMCA.

SOCCER LEAGUES

Located at Reinhart Volunteer Park (All Sports Park)

CO-ED LEAGUE (7 vs 7)

Days: Monday-Wednesday, Sept. 14 – Nov. 4
Ages: 20+ years old
Cost: \$450 per team (\$150 due at registration & balance due Sept. 30)
Registration deadline is Sept. 4, 2020

MEN'S LEAGUE (7 vs 7)

Days: Monday-Wednesday Sept. 14 – Nov. 4
Ages: High school age and older
Cost: \$450 per team (\$150 due at registration & balance due Sept. 30)
Registration deadline is Sept. 4, 2020

*Leagues are subject to change based on registration