



ADULT SPORTS



VOLLEYBALL

AFTERNOON VOLLEYBALL—Wednesdays, 1-3pm Co-ed with instruction. Friday Open Net 1:30-3pm. Free to Members or \$25 per month for non-members. Skills & Drills, Mondays 1:30-2:30. \$15 members, \$25 non.

OPEN GYM—December 1– 29th and January 5th—26th, Thursdays, Co-ed, 14 years & up. Free to members. \$25 per month for non-members.

TOURNEYS—Quad, Reverse Co-Ed, Dec 2nd. \$25 per team. Limited to 8 teams.

Captain of the Court, (singles) Jan 20th. Women at 5:30pm, Men at 7:30pm. Members \$5 Non-member \$10.

WINTER LEAGUES—'A' league Jan 27—March 16, 6-9pm. Quads, co-ed, 14 years and up. \$110 per team. 'B' league Feb 2nd—March 22nd, 6-9pm. Sixes, co-ed, 14 years and up. \$150 per team. 8 weeks of play. \$25 deposit will hold your team's spot. Sign up now. Limited to 8 teams per league.

BASKETBALL

NOON BASKETBALL—Mondays, Thursdays, and Fridays 12:00—1:30pm. 14 & up. Pick-up half court games. Free to members. \$25 per month non-members (pick any two days).



PICKLEBALL

Monday and Friday mornings from 9-11am. Pickleball is a cross between Ping Pong, Tennis and Badminton. Pickleball is played as a singles or doubles game. Players use oversized ping-pong paddles and a whiffle ball on a badminton sized court. Athletes must be 14 and older.

Free for Y-members \$25 per month for non-members.

WINTER INDOOR SOCCER LEAGUES

Co-ed A League: 5 on a side. Must be 30 years or older. January 9th—April.

Co-ed B League: 5 on a side. Must be 22 years or older. January 9th—April.

Co-ed League are limited to 9 teams per league, 11 game guarantee, games played on Monday or Wednesday.

Men's League: 5 on a side. All players must be entering high school or older. January 8th—March. 8 game guarantee all games on Sundays.

All Leagues are \$250 per team, \$100 deposit required at time of registration, balance due February 28th. Check out our tournaments this winter. More info on the Adult Soccer Flyer.



ARCHERY

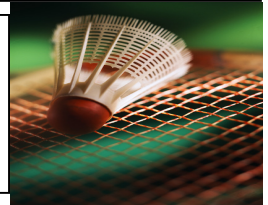
Archery is one of the few sports where athletes of all ages, levels and abilities can compete together. Archery is also a great individual sport where one can set personal goals and challenges and achieve them. Limited to 10 archers. Must be 8 and over. \$30 Y-Members \$45 Non-Members.

WINTER SESSION I: Jan 16th—February 13th, Mondays from 4-5pm (5weeks)

WINTER SESSION II: February 20th—March 19th, Mondays from 4-5pm (5weeks)

BADMINTON

Badminton is great way to get a cardio workout as well as improve your hand-eye coordination. Tuesdays and Thursdays 9:00—11:00am open net play. Free to Members \$25 per month for non-members. Badminton is open to anyone 14 and up.



ADULT CO-ED FLAG FOOTBALL

SPRING CO-ED: Saturdays, starting in April 7th—May 19th, at Rogue Community College. We play full field, 7 on 7 per side, with 2 officials. There must be at least 2 women on the field at all times. Athletes must be 18+ years old. \$350 per team, a \$100 deposit will hold your teams spot.

