



HIGHLAND ADULT PROGRAMS

SPRING 2008 ADULT SPORTS LEAGUES

OPEN BASKETBALL (10wks + Playoffs)

All basketball leagues play two 20-minute half's, CIF rules, games @ 6-8 pm with six teams max. Teams must provide their own jerseys with numbers.

18 & Over (Now Forming)

30 & Over **Feb. 7-Apr. 17**

Registration: Jan. 2-30

40 & Over **Feb. 17-Apr. 27**

Registration: Jan. 2-Feb. 11

Fees: \$400 per team per league

OPEN SOFTBALL (10wks + Playoffs)

Tuesday Nights

Softball games start at 6-8 pm with one hour regulation play and 5th inning mercy rule.

Spring: Feb. 12-Apr. 22

Registration: Jan. 2-Feb. 4

Fee: \$350 per team (an additional \$15 umpire fee per game/per team.)

FAMILY OPEN ACTIVITIES

Mon. Family Swim 9-10am & 4-5pm Volleyball & Open Gym 5:00-9:30pm

Tue. Family Swim 9-10 am & 6-8pm & Open Gym 8-9:30pm

Wed. Family Swim 9-10am & 4-5pm Volleyball & Open Gym 5:00-9:30pm

Thur. Family Swim 9-10am & 6-8pm

Fri. NEW Family Fun Night 7-9pm

Sat. Adult Lap Swim 10-11am & Family Swim 11am-1pm

Fees: FREE to Full Facility Members

*For more information contact Adult Sports Coordinator Anthony Greene
909-425-9622 x201 or email us at agreene@ymcaeastvalley.org*