



TEACHING TEAMWORK

Baseball, soccer, volleyball, flag football, basketball—check out the sports offerings at your Y and get in the game. Improve your skills, make new friends, be active with other kids and learn to love a sport at the Y.



SPORTS

UPDATED ON: OCTOBER 18, 2016

STAFF CONTACTS

APY – Colin Specht Sports & Recreation Director P 954.7620 E cspecht@ymcafoxcities.org
FWY - Kevin Jakubek Sports & Recreation Director P 560.3414 E kjakubek@ymcafoxcities.org
HVY - Brandon Vanderhoof Sports & Recreation Director P 830.5703 E bvanderhoof@ymcafoxcities.org
NMY - Randy Pelischek Sports & Recreation Director P 886.2104 E rpelischek@ymcafoxcities.org

PRESCHOOL

PARENT/CHILD ALL-SPORTS (AGES 3-4 YEARS WITH PARENT) (APY, HVY)

Perfect class for first time participants! Parents join your child while learning basic fundamental skills of a new sport each week. Classes will consist of skill development, participation, development of teamwork, fun and quality time with child. Sports include: Soccer, Basketball, T-Ball, Floor Hockey, Flag Football and Playground games.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent Child All Sports	APY	3-4 years	R	9:00 AM	9:45 AM	\$34	\$49
Parent Child All Sports	APY	3-4 years	M	5:45 PM	6:30 PM	\$34	\$49
Parent Child All Sports	APY	3-4 years	W	5:45 PM	6:30 PM	\$34	\$49
Parent Child All Sports	HVY	3-4 years	W	5:00 PM	5:45 PM	\$34	\$49

YOUTH

SPORTS SAMPLER (AGES 4-6 YEARS) (APY, FWY, HVY, NMY)

Each week participants will learn the fundamental skills of a new sport while playing fun games. Sports include: Football, Soccer, Basketball, Floor Hockey, Kickball, T-Ball and more. Class will concentrate on skill development, participation, fun, fitness and teamwork. *A minimum of 5 children are needed to run class*

LITTLE SPORTS CLASSES (AGES 4-6 YEARS) (APY, FWY, NMY)

Learn the basics of the sport. Players participate in drills to improve and learn offensive and defensive skills, and also participate in scrimmage games. Everyone plays in this instructional class that emphasizes fun and participation. Program runs seven weeks in the Y Gym. Programs include **Little Rushers Football, Little Kickers Soccer, Little Hoopsters Basketball, Little Goalies Hockey, Little Sluggers T-ball and Little Smashers Tennis.**

4K SPORTS EXPERIENCE (AGES 4-5 YEARS) (APY, FWY)

This one hour experience will give your child the ability to burn off some excess energy and learn about a sport while playing some fun games. Each week we will focus on skill development, participation and teamwork. The following sports will be included: soccer, baseball, football, basketball, floor hockey and tennis.

TUMBLE SOCCER (AGES 4-6 YEARS) (HVY)

The perfect mix of soccer in the gym and fun in the gymnastics center. Spend the first 35-minutes in the gym playing and learning about soccer each week, followed by instruction and fun time in the gymnastics center!

JR. G.A.T.O.R.S. (AGES 4-6 YEARS) (NMY)

(Games, Activities, Tag, Obstacles, Relays, & Sports)

Participants will actively participate in the above activities, learn rules and skills, and have fun! Participants must sign up, as enrollment is limited.

FENCING (AGES 5-11, 12-16) (APY)

Learn a sport that spans centuries – fencing is the ultimate cross-training program that conditions the body and develops balanced coordination. Youth learn to dodge, parry and thrust in this exciting sport that keeps growing in popularity. Learn proper form, technique and etiquette in this methodical yet fast-paced sport. Class is instructed by Steve Amich, former Lawrence University coach for 30+ years and Gold Medal competitor. All equipment is provided.

AFTER SCHOOL GAMES (AGES 7-10 YEARS) (FWY)

Participants will actively participate in a variety of games and other activities, learn rules and skills, and have fun!

G.A.T.O.R.S. (AGES 7-10 YEARS) (NMY)

(Games, Activities, Tag, Obstacles, Relays, & Sports)

Participants will actively participate in the above activities, learn rules and skills, and have fun! Participants must sign up, as enrollment is limited.

JEDI TRAINING (FWY)

Class is a great mix of fitness, sports and imagination. Each week, participants will focus on different training methods of the Jedi from Yoda to Luke and more.

YOUTH DODGEBALL (HVY)

A great way to work off some steam with a lot of laughs in between. Participants will have a fun time playing organized dodgeball games in the gym as they dodge, dip, dive, duck, and dodge!

NERF WARS & DODGEBALL (AGES 7-12 YEARS) (APY)

Similar to paintball, instead of paint, participants will play games with Nerf gun darts. Obstacles, teamwork and various games like capture the flag, will insure a great time. Participants must wear eye protection and provide their own nerf gun. Games of dodgeball will also be thrown in the mixture of fun.

INDOOR PARENT CHILD ARCHERY (AGES 7 -14 YEARS) (HVY)

Learn the basics of archery. Class will cover safety, proper stance, holding a bow and proper technique. All equipment is provided.

INDOOR ARCHERY (AGES 8-15 YEARS) (HVY)

Learn the basics of archery including the "11 steps to becoming a successful archer." Class follows the NASP guidelines and is taught by an NASP Certified Instructor. All equipment is provided by the Y.

ARCHERY 101 (AGES 8-16) (HVY, ACY)

Learn the basics of archery in this class including the "11 steps to becoming a successful archer." Class follows the NASP guidelines and is taught by an NASP Certified Instructor. All equipment is provided. Class will be held outdoors.

ADVANCED ARCHERY (AGES 8-16 YEARS) (HVY, ACY)

This class is designed for experienced archers. Archery 101 is a prerequisite. Various targets are used including 3D. Equipment is provided by the Y, however, personal bows are encouraged. Class is held outdoors.

Fall Session 1: September 6-October 23, 2016

Fall Session 2: October 24-December 18, 2016

This is a working document and is subject to change.

(Monday classes prorated for Labor Day)

(No Classes November 21-27, 2016)

JUST PLAY (AGES 8-13 YEARS) (APY)

Children are pushed to the max with structure and rules nowadays, and it seems like they never have the option to "just play". We want to bring back that atmosphere and allow kids to gather together and figure out games and rules for themselves. We will provide equipment and general guidelines, with our hope being that the class works together and can simply play any game or sport they come up with.

YPE (AGES 10-16 YEARS) (APY, FWY)

This is the Y's version of a physical education class. The focus of this class is to allow homeschool students and families the opportunity to explore and experience a typical gym class. Children will play games and sports that incorporate all major motor movements, and develop an understanding of why it is important to stay active.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
After School Games	FWY	4-6 years	T	4:30 PM	5:15 PM	\$28	\$39
Jr. G.A.T.O.R.S. -	NMY	4-6 years	T	4:15 PM	5:00 PM	FREE	\$20
4K Sports Experience	APY	4-6 years	T	11:15 AM	12:15 PM	\$28	\$39
4K Sports Experience	FWY	4-6 years	T	11:15 AM	12:15 PM	\$28	\$39
Little Hoopsters Basketball	APY	4-6 years	R	4:30 PM	5:30 PM	\$34	\$49
Little Hoopsters Basketball - Session 2	FWY	4-6 years	M	5:30 PM	6:15 PM	\$28	\$39
Little Hoopsters Basketball - Session 1	NMY	4-6 years	W	5:15 PM	6:00 PM	\$28	\$39
Little Kickers Soccer - Session 2	FWY	4-6 years	W	5:30 PM	6:15 PM	\$28	\$39
Little Kickers Soccer	APY	4-6 years	M	4:30 PM	5:30 PM	\$34	\$49
Little Kickers Soccer	NMY	4-6 years	R	4:15 PM	5:00 PM	\$28	\$39
Little Rushers Football - Session 1	NMY	4-6 years	T	5:15 PM	6:00 PM	\$28	\$39
Little Sluggers (4 weeks) & Little Rushers (3 weeks)	APY	4-6 years	W	4:30 PM	5:30 PM	\$34	\$49
Sports Sampler	APY	4-6 years	W	4:30 PM	5:30 PM	\$34	\$49
Sports Sampler	FWY	4-6 years	M	4:30 PM	5:15 PM	\$28	\$39
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$28	\$39
Sports Sampler	HVY	4-6 years	W	6:00 PM	6:45 PM	\$28	\$39
Sports Sampler	HVY	4-6 years	F	9:30 AM	10:30 AM	\$34	\$49
Sports Sampler - Session 2	NMY	4-6 years	W	5:15 PM	6:00 PM	\$28	\$39
Tumble Soccer - Session 2	HVY	4-6 years	W	1:15 PM	2:30 PM	\$37	\$53
Jedi Training	FWY	4-6 years	R	4:30 PM	5:15 PM	\$28	\$39
Fencing - Session 2	APY	5-11 years	TR	5:30 PM	6:30 PM	\$45	\$60
After School Games	FWY	7-10 years	T	5:30 PM	6:15 PM	\$28	\$38
G.A.T.O.R.S.	NMY	7-10 years	W	4:15 PM	5:00 PM	FREE	\$20
Jedi Training	FWY	7-10 years	R	5:30 PM	6:15 PM	\$28	\$39
NERF Wars & Dodgeball	APY	7-12 years	T	6:30 PM	7:45 PM	\$15	\$25
Youth Dodgeball - Session 2	FWY	7-10 years	M	6:30 PM	7:15 PM	\$15	\$25
Youth Dodgeball - Session 2	HVY	7-12 years	R	4:30 PM	5:15 PM	\$15	\$25
Advance Archery - Session 1	HVY	8-16 years	TR	7:00 PM	7:45 PM	\$42	\$55
Advanced Archery- Session 1	ACY	10-18 years	MW	4:30 PM	5:15 PM	\$42	\$55
Archery 101- Session 1	HVY	8-16 years	TR	6:00 PM	6:45 PM	\$42	\$55
Archery 101- Session 1	ACY	8-16 years	MW	5:30 PM	6:15 PM	\$42	\$55
Indoor Archery - Session 2	HVY	8-15 years	TR	6:30 PM	7:30 PM	\$50	\$65

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Parent Child Archery - Session 1	HVY	7-14 years	TR	5:00 PM	5:45 PM	\$42	\$55
Parent Child Indoor Archery - Session 2	HVY	7-14 years	N	5:00 PM	5:45 PM	\$34	\$49
Just Play	APY	8-13 years	R	5:45 PM	7:00 PM	FREE	\$28
Jr Racquetball Lessons	APY	8-16 years	W	4:30 PM	5:15 PM	\$28	\$39
Jr Racquetball League	APY	8-16 years	W	5:15pm	6:00 PM	\$28	\$39
Youth Dodgeball - Session 2	FWY	11-14 years	M	7:30 PM	8:15 PM	\$15	\$25
Fencing - Session 2	APY	12-16 years	TR	6:30 PM	7:30PM	\$45	\$60
YPE	APY	5-6 years	M	12:30 PM	1:30 PM	\$28	\$42
YPE	APY	7-9 years	M	1:30 PM	2:30 PM	\$28	\$42
YPE	APY	10-12 years	W	12:30 PM	1:30 PM	\$28	\$42
YPE	APY	13-16 years	W	1:30 PM	2:30 PM	\$28	\$42
YPE	FWY	5-6 years	M	12:30 PM	1:30 PM	\$28	\$42
YPE	FWY	7-9 years	M	1:30 PM	2:30 PM	\$28	\$42
Holiday Basketball Camp - December 27-28	NMY	Grades 2-4	TW	9:00 AM	11:00 AM	\$25	\$37
Holiday Basketball Camp - December 27-28	NMY	Grades 5-7	TW	1:00 PM	3:00 PM	\$25	\$37

YOUTH SPORTS LEAGUES

YMCA of the Fox Cities Family Memberships pays only a \$10 uniform fee for value-added Youth Sports Leagues. Youth Sports League times will be determined based on the grade level and number of participants. You will be notified by a coach prior to the first game. Contact your branch Sports and Recreation Department for more information.

FALL FLAG FOOTBALL LEAGUE (GRADES 4K-6) – SEPTEMBER 10-OCTOBER 29. REGISTRATION JUNE 1 – AUGUST 21.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Flag Football - SFX	APY	Grades 4K-5K	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - SFX	APY	Grade 1	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - SFX	APY	Grade 2	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - SFX	APY	Grade 3	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - SFX	APY	Grade 4	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - SFX	APY	Grade 5	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - SFX	APY	Grade 6	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - Janet Berry	APY	Grades 4K-5K	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - Janet Berry	APY	Grade 1	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football - Janet Berry	APY	Grade 2	S	September 10	October 29	\$10	\$41	\$68

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Youth Flag Football – Janet Berry	APY	Grade 3	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football – Janet Berry	APY	Grade 4	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football – Janet Berry	APY	Grade 5	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football – Janet Berry	APY	Grade 6	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	FWY	Grades 4K-5K	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	FWY	Grades 1-2	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	FWY	Grades 3-4	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	FWY	Grades 5-6	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	HVY	Grades 4K-5K	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	HVY	Grade 1	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	HVY	Grade 2	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	HVY	Grade 3-4	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football	HVY	Grade 5-6	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football Coed	NMY	Grades 4K-5K	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football Coed	NMY	Grades 1-2	S	September 10	October 29	\$10	\$41	\$68
Youth Flag Football Coed	NMY	Grades 3-4	S	September 10	October 29	\$10	\$41	\$68
7 on 7 Football Passing League	NMY	Grades 5-6 Girls	S	September 10	October 29	\$10	\$41	\$68
7 on 7 Football Passing League	NMY	Grades 5-6 Boys	S	September 10	October 29	\$10	\$41	\$68
7 on 7 Football Passing League	NMY	Grades 7-8 Girls	S	September 10	October 29	\$10	\$41	\$68
7 on 7 Football Passing League	NMY	Grades 7-8 Boys	S	September 10	October 29	\$10	\$41	\$68

FALL OUTDOOR SOCCER LEAGUE- SEPTEMBER 6-OCTOBER 13. REGISTRATION JUNE 1-AUGUST 14.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Fall Soccer	FWY	Grade 4K-5K	M	August 22	October 3	\$32	\$32	\$48
Fall Soccer	FWY	Grade 1-2	T	August 23	September 27	\$32	\$32	\$48
Fall Soccer	FWY	Grade 3-4	R	August 25	September 29	\$32	\$32	\$48
Fall Soccer	FWY	Grade 5-6	R	August 25	September 29	\$32	\$32	\$48
Fall Soccer	HVY	Grade 4K-5K	T	September 6	October 13	\$32	\$32	\$48
Fall Soccer	HVY	Grade 1-2	R	September 6	October 13	\$32	\$32	\$48

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GIRLS VOLLEYBALL LEAGUE - SEPTEMBER 10-OCTOBER 22. REGISTRATION JUNE 1-SEPTEMBER 2.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Girls Volleyball	APY	Grade 2-4	S	September 10	October 29	\$10	\$37	\$58
Girls Volleyball	APY	Grade 5-6	S	September 10	October 29	\$10	\$37	\$58
Girls Volleyball	FWY	Grade 2-4	S	September 10	October 22	\$10	\$37	\$58
Girls Volleyball	FWY	Grade 4-6	S	September 10	October 22	\$10	\$37	\$58
Girls Volleyball	HVY	Grade 2-4	S	September 10	October 22	\$10	\$37	\$58
Girls Volleyball	HVY	Grade 5-6	S	September 10	October 22	\$10	\$37	\$58
Girls Volleyball	NMY	Grade 3-4	S	September 10	October 22	\$10	\$37	\$58
Girls Volleyball	NMY	Grade 5-6	S	September 10	October 22	\$10	\$37	\$58

BOYS VOLLEYBALL LEAGUE - SEPTEMBER 10-OCTOBER 22. REGISTRATION JUNE 1-SEPTEMBER 2.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Boys Volleyball	APY	Grade 5-6	S	September 10	October 29	\$10	\$37	\$58
Boys Volleyball	APY	Grade 7-8	S	September 10	October 29	\$10	\$37	\$58

YOUTH BASKETBALL LEAGUE - NOVEMBER 19, 2016-FEBRUARY 4, 2017.

REGISTRATION SEPTEMBER 10-OCTOBER 30, 2016. League does not meet on Nov. 26, Dec. 24 & 31

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Basketball Coed	APY	Grade 4K	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	APY	Grade 5K	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	APY	Grade 1	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Girls	APY	Grade 2-3	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Girls	APY	Grade 4-6	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	APY	Grade 2	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	APY	Grade 3	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	APY	Grade 4	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	APY	Grade 5	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	APY	Grade 6	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	FWY	Grade 4K	S	November 19	February 4	\$10	\$41	\$68

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Youth Basketball Coed	FWY	Grade 5K	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	FWY	Grades 1-2	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	FWY	Grades 3-4	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	FWY	Grades 5-6	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	HVY	Grade 4K	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	HVY	Grade 5K	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	HVY	Grade 1	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	HVY	Grade 2	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Boys	HVY	Grade 3-4	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Girls	HVY	Grade 3-4	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	NMY	Grade 4K	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	NMY	Grade 5K	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	NMY	Grade 1	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Coed	NMY	Grade 2	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Girls	NMY	Grade 3-4	S	November 19	February 4	\$10	\$41	\$68
Youth Basketball Girls	NMY	Grade 5-6	S	November 19	February 4	\$10	\$41	\$68

BOYS YNBA BASKETBALL LEAGUE – JANUARY 14-MARCH 4. REGISTRATION OCTOBER 10-DECEMBER 18. Practices will be one night per week with games on Saturdays at Shattuck Middle School.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Boys YNBA	NMY	Grade 3-4	S	January 14	March 4	\$47	\$74
Boys YNBA	NMY	Grade 5-6	S	January 14	March 4	\$47	\$74
Boys YNBA	NMY	Grade 7-9	S	January 14	March 4	\$47	\$74
Boys YNBA	NMY	Grade 10-12	S	January 14	March 4	\$47	\$74

**TEENS
BASKETBALL SKILLS TRAINING (APY) (NMY)**

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This is a great class for basketball players of all levels to get a jump start on the season. Learn how to get into "basketball shape" by improving their quickness, stamina, and fundamentals. The class is fast paced and only meets once a week.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Basketball Skills Training - Session 1	NMY	Ages 8-10	R	5:15 PM	6:00 PM	\$23	\$35
Basketball Skills Training - Session 1	NMY	Ages 10-12	R	6:00 PM	6:45 PM	\$23	\$35
Basketball Skills Training	APY	Ages 7-14	R	5:30 PM	6:30 PM	\$28	\$39

ADULTS

ADULT ARCHERY (AGES 16 YEARS AND OLDER) (HVY)

This is a great program for beginners or those who want to learn the basics of archery in an inspiring environment. Class follows the NASP guidelines and is taught by an NASP Certified Instructor. All equipment is provided by the Y.

OUTDOOR ADULT ARCHERY- MAY 2-MAY 26 (AGES 16 AND OLDER) (ACY)

The class covers the basics of archery for adults with no/limited experience in archery and follows the National Archery in Schools Program (NASP) guidelines. Class is taught by a NASP Certified Instructor and will be held outdoors. All equipment is provided.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall Racquetball Leagues - Various Times and Days - Sept - December	APY	18 years and older	MT			\$20	\$40
Adult Archery - Session 2	HVY	16 years and older	N	4:00 PM	4:45 PM	\$28	\$39
Outdoor Adult Archery	ACY	16 years and older	MW	6:00 PM	6:45 PM	\$28	\$39
Open Pickleball	APY	18 years and older	MTWRF	8:00 AM	11:00 AM	FREE	\$5/time
Open Pickleball	FWY	18 years and older	R	7:00 AM	9:00 AM	FREE	\$5/time
Open Pickleball	FWY	18 years and older	N	1:00 PM	3:00 PM	FREE	\$5/time
Open Pickleball	NMY	18 years and older	TW	11:00 AM	1:00 PM	FREE	\$5/time
Open Volleyball	APY	18 years and older	F	7:00 PM	9:45 PM	FREE	\$5/time
Open Volleyball	FWY	18 years and older	W	7:00 PM	9:00 PM	FREE	\$5/time
Open Volleyball	NMY	18 years and older	T	7:00 PM	9:00 PM	FREE	\$5/time
Racquetball Leagues Men's Flex	NMY	18 years and older				FREE	\$30
Racquetball Leagues Women's Flex	NMY	18 years and older				FREE	\$30

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