



# Spring Adult Sports Alamance County YMCA

YMCA Spring Adult Sports offers a fun and exciting atmosphere with friends, co-workers, church groups and family. It also a great way to meet new people and make new friends. Players may sign up as an individual or together as a team.

Registration opens 1/8. Registration Fee: Member (\$49); Non-Member (\$69)

ORIENTATION and PRE-SEASON: Week of March 13-15

REGULAR SEASON: Begins Week of March 20-22

SPRING BREAK: No games on April 3-5

TOURNAMENT: Week of May 8-10

## Adult Basketball

Age 40+

Wednesdays at 5:30



## Adult Basketball

Age 19-39

Thursdays at 5:30



## Adult Volleyball

Age 19+

Fridays at 5:30



**Sign up at [acymca.org](http://acymca.org) or call (336) 395-9622**

## **FOR MORE INFORMATION**

**Senior Youth and Sports Director: Zack Manley - [zmanley@acymca.org](mailto:zmanley@acymca.org)**