

ADULT SPORTS

IMPORTANT REGISTRATION PROCEDURE

ATTENTION ALL SPORTS TEAMS:

Resident teams are required to submit some form of address verification for all City-Resident team members when submitting their team application. Valid forms of verification include a current California driver's license, state-issued picture I.D. card, and a current utility bill. Teams will not be placed in league until all the required information has been submitted. This procedure will allow us to efficiently confirm team residency and maintain accurate team information.

If you have any questions, please contact us at (805) 925-0951, ext. 413.

FREE AGENTS LIST

Individuals who would like to play in the Adult Sports Leagues but do not have a team, can sign up by contacting our Administrative Office at (805) 925-0951, ext. 260. Managers looking for extra players consult the list or may form a team from the list.

ADULT SPORTS INFORMATION HOTLINE

(805) 925-0951, ext. 980

Call our Sports Hotline for league updates or game changes due to inclement weather. The hotline also has information regarding league registrations, upcoming Sports Programs, and Playoff Match-ups.

SCMAF/PMBF

The Players' Medical Benefit Fund gives medical financial aid to players at supervised locations and programs under the Southern California Municipal Athletic Federation.

For those with no medical insurance, PMBF offers a source of reimbursement. The Maximum reimbursement that any one participant can receive in any time period (12 consecutive months) is \$500.

5-ON-5 ADULT

BASKETBALL LEAGUE

Whether you are looking for a recreational or competitive league, join our Basketball Program for fun and fitness. Both Men's and Women's Divisions available. Team shirts are required.

Teams must be able to play Monday through Friday.

Registration deadline is 1/07. League information and team schedules will be distributed at the Mandatory Managers' Meeting taking place 1/19 at MCC at 6 p.m. League play begins the week of 1/25. During the regular season, games are held at 6:30, 7:30, and 8:30 p.m.

***Each team is responsible for \$20 referee fee due at game time. For more information please call (805) 925-0951, ext. 413. **No Games 2/19, 3/19, & 4/16.**

***\$252 (R)/\$315(N), with PMBF \$275(R)/\$338(N).**

18 yrs. & up

001 M-F 6:30-9:30 PM **01/25-04/16 City Gyms

CLICK HERE FOR A PRINTABLE REGISTRATION FORM

Bilingüe!

TENNIS LESSONS

Fundamentals of tennis with high energy and skill-building fun! Beginning and advanced competitors will see results physically and mentally. Certified PTR Professional Instructor will bring out your best and provide you with a self-challenging experience. Students can also focus on cardio tennis, giving players of all abilities an ultimate high-energy workout! **Racquets available for use by instructor. Note: All new participants should contact instructor for correct level and age placement. Please call (805) 925-0951, ext. 264 for instructor's phone number. Levels and times are flexible.**

18 yrs. & up

Instructor: Mascia

\$30(R)/\$37(N)

BEG./INTER.

001	Sa	11:00 AM-12:00 PM	01/09-01/23	MMP
002	Sa	12:00-1:00 PM	01/09-01/23	MMP
003	Sa	11:00 AM-12:00 PM	02/06-02/20	MMP
004	Sa	12:00-1:00 PM	02/06-02/20	MMP
005	Sa	11:00 AM-12:00 PM	03/11-03/25	MMP
006	Sa	12:00-1:00 PM	03/13-03/27	MMP
007	Sa	11:00 AM-12:00 PM	04/03-04/17	MMP
008	Sa	12:00-1:00 PM	04/03-04/17	MMP

BEG./ADV.

009	Th	1:30-2:30 PM	01/07-01/21	MMP
010	Th	5:30-6:30 PM	01/07-01/21	MMP
011	Th	1:30-2:30 PM	02/04-02/18	MMP
012	Th	5:30-6:30 PM	02/04-02/18	MMP
013	Th	1:30-2:30 PM	03/11-03/25	MMP
014	Th	5:30-6:30 PM	03/11-03/25	MMP
015	Th	1:30-2:30 PM	04/01-04/15	MMP
016	Th	5:30-6:30 PM	04/01-04/15	MMP

INTER./ADV.

017	Sa	1:00-2:00 PM	01/09-01/23	MMP
018	Sa	2:00-3:00 PM	01/09-01/23	MMP
019	Sa	1:00-2:00 PM	02/06-02/20	MMP
020	Sa	2:00-3:00 PM	02/06-02/20	MMP
021	Sa	1:00-2:00 PM	03/13-03/27	MMP
022	Sa	2:00-3:00 PM	03/13-03/27	MMP
023	Sa	1:00-2:00 PM	04/03-04/17	MMP
024	Sa	2:00-3:00 PM	04/03-04/17	MMP

CLASES DE TENNIS

¡Fundamentos de tennis con alta energía y un divertido desarrollo de sus habilidades! Participantes principiantes y avanzados verán los resultados tanto físico como mentalmente. Un instructor profesional y certificado PTR hará que salga lo mejor de usted y le proveera con una experiencia desafiante. ¡Los participantes también pueden enfocarse en tennis cardio, dándole a los participantes de cualquier habilidad un ejercicio de alta energía fundamental! Los instructores tienen raquetas disponibles para su uso. Nota: Todos los participantes nuevos deberán ponerse en contacto con el instructor para ser colocados en la edad y nivel correctos. Por favor llame al (805) 925-0951, ext. 264 para obtener el número de teléfono del instructor. Los niveles y horarios son flexibles.

ADULT SPORTS

**CLICK HERE FOR A PRINTABLE
REGISTRATION FORM**

REGISTERING FOR AN ADULT TEAM SPORT?

Your team will need to fill out a
Team Application Roster Form.

**CLICK HERE TO ACQUIRE A PRINTABLE
TEAM APPLICATION ROSTER FORM**

6-ON-6 ADULT VOLLEYBALL LEAGUE

Get ready to bump, set, and spike your way into our league championship. Join our recreational Men's or Women's League with friends, family, or co-workers. Both experienced and beginners welcome. **Teams must be able to play on Sunday or Monday. Registration deadline is 1/07. Team information and league schedules will be distributed at the Mandatory Managers' Meeting taking place 1/19 at MCC at 6:30 p.m. League play begins 1/24. *Each team is responsible for \$10 referee fee due at match time. Info: ext. 413.**

***\$152(R)/\$190(N), with PMBF \$167(R)/\$205(N).**

16 yrs. & up

001 Su,M TBA 01/24-04/12 City Gyms

7-ON-7 ADULT SOCCER LEAGUE

Join our newest Adult Soccer Program for fun and fitness. Men's, Women's, and Co-ed Divisions available. **Team shirts are required. Teams must be able to play Tuesday through Thursday. Registration deadline is 1/07. League information and team schedules will be distributed at the Mandatory Managers' Meeting taking place 1/19 at MCC at 5:30 p.m. League play begins the week of 1/26. *Each team is responsible for \$10 referee fee due at game time. Info: ext. 413.**

***\$252 (R)/\$315(N), with PMBF \$275(R)/\$338(N).**

18 yrs. & up

001 Tu-Th 6:30-9:30 PM 01/26-04/15 ATK

ADULT DODGEBALL LEAGUE- CO-ED

Dodgeball is back for another action packed season. That's right Dodgeball, just like the movie that brought you the Purple Cobras and Average Joe's. Re-live those childhood memories in our recreational league while getting a good workout with friends, family, or co-workers. Experienced and beginners welcome.

Team shirts are required. Registration deadline is 1/07. League schedules will be distributed at the Mandatory Managers' Meeting on 1/19 at 7 p.m. at MCC. League play begins 1/27. *Each team is responsible for \$10 referee fee due at game time. Info: ext. 413. *\$152(R)/\$190(N), with PMBF \$167(R)/\$205(N).

18 yrs. & up

001 W 6:30-9:00 PM 01/27-04/14 City Gyms

SLOW PITCH SOFTBALL LEAGUE

Softball is back for another fun-filled season at the Hagerman Sports Complex. We offer Men's and Co-ed Divisions. Players of all skill levels and new teams are welcome. Form a team with friends, family, and co-workers. **The registration deadline is 1/21. Team information and league schedules will be distributed at the Mandatory Managers' meeting taking place 2/02 at HSC at 6:30 p.m. League play begins the week of 2/05. *Each team is responsible for \$10 umpire fee due at game time. Info: ext. 413. **No Games 2/19, 3/19, & 4/16.**

***\$394(R)/\$492(N), with PMBF \$424(R)/\$522(N).**

18 yrs. & up

CO-ED

001 M,Th 6:45-11:00 PM 02/08-04/29 HSC

MEN

001 Tu,W,F 6:45-11:00 PM **02/05-04/30 HSC