



# FALL 2019

## Adult Co-Ed Volleyball

Sponsored by West Milford Community Services & Recreation

**Adult Co-Ed Volleyball** The instructor is offering several classes which take place at the Recreation Center, 66 Cahill Cross Road. Classes are limited to 24 per class. Age 18+

For the **beginner/novice**, basic volleyball with the theme of fun and fitness!

When: **Mondays** – Sept 9, 16, 23, 30, Oct 7, 21, 28, Nov 4 (NOT 10/14)

Program is 8 weeks \$40.00 **OR**

**Wednesdays** – Sept 11, 18, 25, Oct 2, 9, 16, 23, 30

Program is 8 weeks \$40.00

Non residents add \$10.00. Time: 7:00-8:30 pm

For the **advanced player** requirements are, must be able to bump, set, spike and should have knowledge of general volleyball rules. This is not a beginner or Powerball course.

When: **Mondays** - Sept 9, 16, 23, 30, Oct 7, 21, 28, Nov 4 (NOT 10/14)

Program is 8 weeks \$40.00 **OR**

**Wednesdays** – Sept 11, 18, 25, Oct 2, 9, 16, 23, 30

Program is 8 weeks \$40.00

Non residents add \$10.00. Time: 8:30-10 pm

### **Three Easy Ways to Enroll!**

1. Online at [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen, then select Community Services & Recreation Online Registration. Look for 2019 FALL Programs.
2. In person at the Recreation Office, located inside the West Milford Recreation Center, 66 Cahill Cross Road. M-F, 8:30 a.m. – 4:30 p.m.
3. By phone, call the Recreation Office at 973-728-2860.