



Adult Co-Ed SPRING Volleyball

Sponsored by West Milford Community Services & Recreation

Adult Co-Ed Volleyball Coed Volleyball is a fun social program for adults, which is perfect for those with an interest in volleyball. It is held at the Recreation Center, 66 Cahill Cross Road. Each group is limited to 24. Age 18+

For the **BEGINNER/NOVICE**, basic volleyball with the theme of fun and fitness! Based on skill level you may be asked to move.

When: **Mondays** – April 17, 24, May 1, 8, 15, 22, June 5, 12 (**NOT 5/29**)

Program is 8 weeks \$45.00 **OR**

Wednesdays – April 19, 26, May 3, 10, 17, 24, 31, June 7

Program is 8 weeks \$45.00

Non-residents add \$10.00. Time: 6:30-8:00 pm

For the **ADVANCED player**, you **MUST** be able to bump, set, and spike. You **MUST** also have knowledge of volleyball rules. This is not a beginner or instructional course. Based on skill level you may be asked to move to a different level.

When: **Mondays** - April 17, 24, May 1, 8, 15, 22, June 5, 12 (**NOT 5/29**)

Program is 8 weeks \$45.00 **OR**

Wednesdays – April 19, 26, May 3, 10, 17, 24, 31, June 7

Program is 8 weeks \$45.00

Non-residents add \$10.00. Time: 8:00- 9:30 pm

How to Enroll -

Go online to www.westmilford.org, click on “Community Services and Recreation”, then click on “REGISTER HERE FOR PROGRAMS”, Look for “2023 SPRING Programs”.

For assistance call the Recreation Office at 973-728-2860 Monday – Friday from 8:30am – 4:30pm.