



FALL 2023

Adult Co-Ed 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. Classes are limited to 24 per class. 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 – Sept 18, 25, Oct 2, 9, 16, 23, 30, Nov 6.** (make-up Nov 13 if needed)

Program is 8 weeks \$40.00

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

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

When: **Mondays – Sept 18, 25, Oct 2, 9, 16, 23, 30, Nov 6.** (make-up Nov 13 if needed)

Program is 8 weeks \$40.00

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

To Enroll:

Go online to www.westmilford.org. Click on Community Services & Recreation, Then **“REGISTER HERE FOR PROGRAMS”**. Look for “2023 FALL PROGRAMS”

If you need assistance, call the Recreation Office at 973-728-2860. Monday—Friday, 8:30 a.m. – 4:30 p.m.