

## Adult Sports & Activities

### Indoor Volleyball Session I

**Monday:** Women's Intermediate (every week)

**Thursdays:** Co-Ed Intermediate (every week)

**Start Dates:** Monday, Sept. 17, 2018 [6475]

Thursday, Sept. 20, 2018 [6474]

**Location:** Alexander Community Center

All players must be 18 years of age, unless written parental consent is given. If less than four teams register for any league, the league will be cancelled and your deposit refunded. Teams are also responsible for a \$10 referee fee per match.

**Fee:** Mon., Thur.  
\$270

**Program Note:**

NO BABYSITTING. Children should NOT be left unattended while parents are participating.

### 4 on 4 Basketball Leagues

**Start Dates:** Tuesday, Sept. 11, 2018 [6472]

Wednesday, Sept. 12, 2018 [6473]

**Time:** 6:45-10:45 pm

**Location:** Alexander Community Center

**# of Weeks:** 12 (including play-offs)

**Ages:** 18 years of age and up

**Fee:** \$165 per team

**Referee Fee:** \$30 per week

**Supervisor:** Victor Nosal

*For more information, Vic Nosal at 897-7207 ext. 6650.*

### Adult Water Aerobics

Water is the best place exercise and not put extra stress on your body. Join Hilary on Monday and Wednesday evenings.

**Start Date:** Sept. 17, 2018 [6471]

**End Date:** Nov. 14, 2018

**Location:** Cleveland Hill Pools

**Days/Times:** Monday & Wednesday, 7:35-8:35pm

**Days Off:** Oct. 8 & 31; Nov. 12

**Resident Fee:** \$45

**Fee:** \$65

**Daily Walk-in Fee:** \$4

### Pickleball

We have one court available to use at the Alexander Community Center gym. The gym will be open from 10:30am on Tuesdays for anybody to come in and play. There will be no instructor present so some pickleball experience is needed. Paddles can be borrowed and are available in the main office.

**Location:** Alexander Community Center (Gym)

**Start Date:** Tuesday, September 18 [6500]

**End Date:** Tuesday, December 18

**Number of days:** 14

**Days/Times:** 10:30 am-1:30 pm

**Fee:** \$33

**Daily:** \$3 per class

### Adult Fitness (Mornings)

Come and start your mornings off with a great workout! Join us on Tuesdays and Thursdays for a wide variety of different classes. Calendars will be given out with types of classes being done each month. Just remember: you don't have to be great to start but you DO have to start to be great!

**Start Date:** Tuesday September 4 [6502]

**End Date:** Thursday December 20

**Number of classes:** 30

**Time:** 9:00-10:00am

**Resident Fee:** \$60

**Fee:** \$80

**Daily:** \$5 Resident

\$10 Non-resident

### Adult Fitness

Do your work out in Cleveland Hill School fitness room beginning at 7pm. The pool will be available for swimming beginning at 7:35pm.

**Start Date:** Sept. 17, 2018 [6455]

**End Date:** May 29, 2019

**Location:** Cleveland Hill High School

**Days Off:** 10/9, 12/25, 12/27, 1/1, 1/15, 2/19, 2/21, 4/2, 4/4, 5/28

**Days/Times:** Monday & Wednesday, 7-8:30pm

**Resident Fee:** \$105

**Fee:** \$140

**Daily Walk-in Fee:** \$5 Resident

\$10 Non-resident