



Adult Athletics

VOLLEYBALL MONDAYS

Adult, co-ed volleyball every Monday, Participants must pre-register. Registration is on a per session basis. Fees are due at the time of registration. **NO DROP IN REGISTRATION.**

Ages: 18 & up (proof of date of birth is required)

Location: Indian Trails Middle School

Day/Time: Mondays, 7:00-9:00 p.m.

Dates: September 13th — December 13th*

Fees: Full Session—\$39 (12 nights)
Half Session—\$21 (attend any 6 of the 12 nights)

*No Volleyball on Monday, October 25th
or Monday, November 22nd



VOLLEYBALL WEDNESDAYS

Adult, co-ed volleyball every Monday, Participants must pre-register. Registration is on a per session basis. Fees are due at the time of registration. **NO DROP IN REGISTRATION.**

Ages: 30 & up (proof of date of birth is required)

Location: Indian Trails Middle School

Day/Time: Wednesdays, 7:00-9:00 p.m.

Dates: September 15th — December 15th*

Fees: Full Session—\$39 (12 nights)
Half Session—\$21 (attend any 6 of the 12 nights)

*No Volleyball on Wednesday, October 27th
or Wednesday, November 24th

Current PLAY memberships will be honored until expiration date.

BASKETBALL TUESDAYS

Adult, co-ed basketball every Tuesday, Participants must pre-register. Registration is on a per session basis. Fees are due at the time of registration. **NO DROP IN REGISTRATION.**

Ages: 18 & up (proof of date of birth is required)

Location: Matanzas High School

Day/Time: Tuesday, 7:00-9:00 p.m.

Dates: September 14th — December 14th*

Fees: Full Session—\$39 (12 nights)
Half Session—\$21 (attend any 6 of the 12 nights)

*No Basketball on Tuesday, October 26th
or Tuesday, November 23rd



BASKETBALL THURSDAYS

Adult, co-ed basketball every Thursday, Participants must pre-register. Registration is on a per session basis. Fees are due at the time of registration. **NO DROP IN REGISTRATION.**

Ages: 30 & up (proof of date of birth is required)

Location: Matanzas High School

Day/Time: Thursday, 7:00-9:00 p.m.

Dates: September 16th — December 16th*

Fees: Full Session—\$39 (12 nights)
Half Session—\$21 (attend any 6 of the 12 nights)

*No Basketball on Thursday, November 11th
or Thursday, November 25th

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Adult Programs



FRIEDA ZAMBA SWIMMING POOL

New Fall/Winter schedule of swim instruction and water aerobics will be available soon. Check back on November 8th. Call 986-4741.

Pool Hours:

Monday– Saturday

10:30 am– 7:30 pm

Sunday

11:30 a.m.– 7:30 a.m.

TWISTN' THURSDAY

Join us on the 3rd Thursday of the month for dancing and socializing. Live entertainment and light refreshments will be provided.

Palm Coast Community Center

1:00 p.m. - 3:00 p.m.

October 21st, November 18th, and December 16th

\$2 per person/dance

Palm Coast Tennis Center

Memberships are available, inquire at 986-2550.

Center Hours:

Monday– Friday

7:00 a.m.– 1:00 p.m. & 4:00 p.m.

– 9:00 p.m.

Saturday & Sunday

8:00 am - 2:00 p.m.

TENNIS

Skills N' Drills

Mondays 9:30 a.m.—10:30 a.m.

If you are looking to concentrate on your singles game, this is the class for you. The class will review an all court game with an emphasis on shot selection and strategy. All sessions are four weeks long with a minimum of 4 people per class. There will be no refunds or make up classes unless we cancel or reschedule the class.

USA Beginner Tennis I

Monday 5:30 p.m. –6:30 p.m.

This beginner class is for players new to the sport as well as those who have been absent from tennis for some time. Participants will learn grips, footwork, court positioning, and stroke technique. All sessions are four weeks long with a minimum of 4 people per class. There will be no refunds or make up classes unless we cancel or reschedule the class.

Dynamic Doubles

Tuesday 8:30 a.m. –9:30 a.m. (Level 3.5) OR Day/Time: Thursdays 8:30 a.m.—9:30 a.m. (Level 3.0)

This program works on strokes, tactics, technique and necessary doubles skills. All sessions are four weeks long with a minimum of 4 people per class. There will be no refunds or make up classes unless we cancel or reschedule the class.

Adult Cardio

Thursday 6:00 p.m.—7:00 p.m. OR Fridays 11:30 a.m.—12:30 p.m.

This is a high energy, heart pumping fitness class! Energize your workouts while drastically improving your tennis movements and skills. All sessions are four weeks long with a minimum of 4 people per class. There will be no refunds or make up classes unless we cancel or reschedule the class.

Shot of the Week

Wednesdays 8:30 a.m.—9:30 a.m.

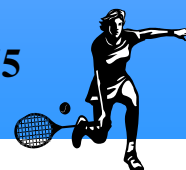
This class focuses on a different shot every week allowing you to develop all the strokes of your game. All sessions are four weeks long with a minimum of 4 people per class. There will be no refunds or make up classes unless we cancel or reschedule the class.

Fees for all classes:

Members \$45

Residents \$50

Non-Residents \$55



← **Over for more programs**