

IT'S NEVER TOO LATE! GET THE EXERCISE THAT YOU NEED! Line up your team and take advantage of any one of the opportunities listed below! \*Team Registration Packets are available at [pleasanthillrecsports.com](http://pleasanthillrecsports.com) or at the Administration Office: 147 Gregory Lane. Packets include cost, rules, rosters, etc. For details, call (925) 682-0896.

## Adult Flag Football

Play football under the lights! \*Spring team registration packets: available thru March 9.

## Basketball (3-on-3)

Drive into the action with 3-on-3 Basketball. League divisions: 6 Foot and Under (A, B, & C), Open (A, B, & C), 35 yrs & Older, 40 yrs & Older, and Women's. \*Spring team registration packets: available January 16.

## Basketball (5-on-5)

Slam into our spring action. Divisions include A, B, and C. \*Spring team registration packets: available beginning January 23.

## Basketball (Drop-In)

Adults can "Hoop-it-up" on Saturday and Sunday early morning and Monday, Wednesday, Friday late afternoons. The program runs year-round except holidays.

- ❖ Sat., 7–9 am & Sun., 8–10 am
- ❖ Mon/Wed/Fri, 4–6 pm
- ❖ \$5 / person at the gym
- ❖ PH Education Ctr.: Gym, 1 Santa Barbara Rd.

## Boccé

Roll into spring and join our league. Anyone can play! \*Team registration packets: available beginning January 16.

## Kickball League (Co-Ed)

Get a "kick" out of this fun co-ed league. \*Spring team registration packets: available January 16; closes March 9.

## Soccer (5-on-5)

Get a kick out of spring with our exciting soccer league under the lights. \*Spring registration packets: for men, women, and co-ed teams: available beginning January 16.

## Softball

Take a swing into spring with our Adult Softball Program. Open to all levels of play. \*Spring registration packets for men, women, and co-ed teams will be available January 9. Registration closes March 9. New league suggestions must be submitted by December 23, for the spring season, and March 16, for the summer season. Register early; space is limited.

## Volleyball League (Co-Ed)

Pass, set, and spike with your team in our exciting spring season. Divisions include co-ed (A, B & C). \*Team registration packets for our winter league are currently available. \*Spring league registration packets: available beginning January 23.

## Volleyball (Drop-In)

Drop in and 'bump' into friends at the Pleasant Hill Education Center gym. The program runs continuously except for holidays.

- ❖ Tue. & Sat., 7:30–10 pm
- ❖ \$5/person at the gym
- ❖ PH Education Ctr.: Gym, 1 Santa Barbara Rd.

**“Necessity may be the mother of invention, but play is certainly the father.”**

~ Roger von Oech

## Teens / Youth Sports

### NBA/WNBA Basketball, Youth

(Boys / Grades 3–5 & 6–8), (Girls / Grades 3–5 & 6–8), (Co-ed / Grades 3–5 & 6–8) HOOP IT UP in our exciting youth basketball program. Learn skills, coordination, agility, team work, and sportsmanship through practice drills. Registration is currently open Mon–Fri, 9 am–5 pm, through Dec. 16, at the District Office, 147 Gregory Lane. Practices, arranged by the coaches, begin in mid-Dec. Play runs Jan.– March. **5060.401** (Grades 3–8)

- ❖ \$145\* / Dist. Res. \$135\*

(Includes a jersey and basketball)

**\*Note: A \$50 refund is given to parents interested in coaching or officiating, and who complete training provided by the District.**

- ❖ PH Education Ctr.: Gym, 1 Santa Barbara Rd.

### Bowling Lessons

(Grades 1–12) (4 classes)

Ready–set–bow! Ready to learn something fun and make new friends in the process?

Get set for excellent instruction covering stance, delivery, follow through, and how to make strikes and spares. League (optional) will follow class. Register by one week prior to class. To register, (925) 682-0896.

Instructors: Staff, Paddock Bowl

**5501.501** Jan. 5–Jan. 26

**5501.502** Mar. 1–Mar. 22

- ❖ Th., 4:30–5:30 pm
- ❖ \$18 / Dist. Res. \$15 (shoe rental included)
- ❖ Paddock Bowl: 5915 Pacheco Blvd. (Bus stop #108 & 118)

## Adult Athletic League Registration Schedule

Sport	Reg. Opens	Reg. Closes	Game/ Match Days	# of Games
Basketball (3-on-3) – M, W (winter)	Currently Open	Dec. 16	Wed	10
Basketball (3-on-3) – M, W (spring)	Jan. 16	Mar. 9	Wed/Th	10
Basketball (5-on-5) – M (winter)	Currently Open	Dec. 16	Sun/Th	10
Basketball (5-on-5) – M (spring)	Jan. 23	Mar. 9	Sun/Th	8
Boccé – C (spring)	Jan. 16	Feb. 24	Mon–Sun	10
Adult Flag Football – M	Jan. 16	Mar. 9	Tue/Wed	6
Kickball – C (spring)	Jan. 16	Mar. 9	Fri	TBA
Soccer (5-on-5) – M, W, C (spring)	Jan. 16	Mar. 9	Tue/Th	10
Softball – M, W, C (spring)	Jan. 9	Mar. 9	Mon–Sun	10
Volleyball – C (winter)	Currently Open	Dec. 16	Mon	7–9
Volleyball – C (spring)	Jan. 23	Mar. 9	Mon	7–9

Legend: M=Men, W=Women, C=Co-ed