



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET YOUR TEAM ON! ADULT DODGEBALL LEAGUE

LAKELAND HILLS FAMILY YMCA

DATES

January 13 – March 10

TIME

Thursdays between 6:30 pm – 9:30pm*

AGES

18 and older

FEES

\$55 members /\$75 non-members

Join us for our inaugural season! Registration Deadline: January 6, 2022

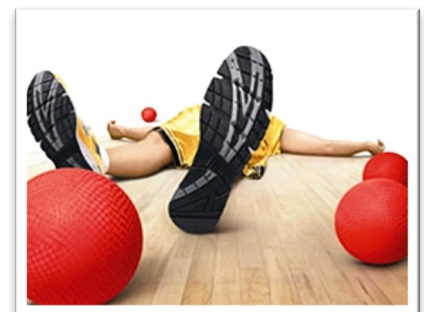
WHAT

Competitive dodgeball league for adults! This adult league is a fun way to satisfy your sports itch and do something different with your friends and family as well as meet new people. This league will have refereed games based on competitive dodgeball ruleset.

Each team must have at least 6 players and a minimum of 2 female players. The nine- week session includes 7 regular season games and 2 weeks of playoffs. Each person on the team **MUST** register individually. Team captain must fill your team roster form posted on website. Register as an individual to be placed on a team of other free agents. *Team schedules will be released when registration closes.

QUESTIONS

Contact Kim Kostrowski: kimk@lhymca.com



LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

P 973 334 2820

www.lakelandhillsymca.com