

# ADULT SPORTS

## ADULT CO-ED VOLLEYBALL LEAGUE #1

Get your teams together for another fun-filled season. The league consists of both **competitive and recreational divisions**. Teams may consist of a minimum of 6 players and a maximum of 12. If you are an individual without a team, please contact Bryan Thompson at [b.thompson@bcmud.org](mailto:b.thompson@bcmud.org) to be placed on the "Free Agent List".

WEDNESDAYS

Registration:

April 5 - 25

Season Starts May 5

Fee: Member Team (at least 1/2 must be members) \$205

Non-member Team (more than 1/2 are non-members) \$285

Instructor: Bryan Thompson

## ADULT CO-ED VOLLEYBALL LEAGUE #2

Get your teams together for another fun-filled season. The league consists of both **competitive and recreational divisions**. Teams may consist of a minimum of 6 players and a maximum of 12. If you are an individual without a team, please contact Bryan Thompson at [b.thompson@bcmud.org](mailto:b.thompson@bcmud.org) to be placed on the "Free Agent List."

WEDNESDAYS

Registration:

July 19 - September 12

Season Starts September 29

Fee: Member Team (at least 1/2 must be members) \$205

Non-member Team (more than 1/2 are non-members) \$285

Instructor: Bryan Thompson

## GET MOVING!

5K RUNS, p.24

50 MILE CLUB, p.25

BC RUNNING CLUB, p.25

WALKING CLUB, p.25

## CHECK OUT THESE FITNESS OFFERINGS

BOOT CAMP • AEROBICS • PRENATAL YOGA • STRETCHING  
PERSONAL TRAINING AND MORE! SEE FITNESS (ALL AGES), P.22-24

**NEW FITNESS CLASSES P.22**

## ADULT BASKETBALL LEAGUE #1

Get your teams together for another fun-filled season. If you are an individual without a team, please contact Bryan Thompson at [b.thompson@bcmud.org](mailto:b.thompson@bcmud.org) to be placed on the "Free Agent List."

THURSDAYS

Registration:

March 22 - April 18

Season starts May 13

Fee: Member Team (at least 1/2 must be members) \$205

Non-member Team (more than 1/2 are non-members) \$285

Instructor: Bryan Thompson

## ADULT BASKETBALL LEAGUE #2

Get your teams together for another fun-filled season. If you are an individual without a team, please contact Bryan Thompson at [b.thompson@bcmud.org](mailto:b.thompson@bcmud.org) to be placed on the "Free Agent List."

THURSDAYS

Registration:

July 19 - August 22

Season starts September 22

Fee: Member Team (at least 1/2 must be members) \$205

Non-member Team (more than 1/2 are non-members) \$285

Instructor: Bryan Thompson

## COMMIT TO GET FIT COUPLES CHALLENGE

Are you ready to make the commitment to a healthier and happier life? Join a friend, co-worker, or a loved one and work together to become healthy! Meet with a Personal Trainer once a week to participate in a group exercise session. Preliminary weight with measurements and body fat testing is included. After 8 weeks, participants will be re-evaluated to check progress.

MONDAYS 6:35-7:35PM

June 7 - July 26

Ages: 16 years - Adult

Fee: Member \$45 Resident \$50 Non-resident \$60 (sign up as an individual)

Instructor: BC Personal Trainers



CAMP FOXTAIL  
K-5TH  
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