

ADULT VOLLEYBALL

ADULT VOLLEYBALL LEAGUES—High School students (grades 10-12) who are not participating on a varsity team are allowed to play in this league. Maximum of 2 students on any given team.



PLEASE NOTE—Adults should NOT bring their children to league activities unless you plan to have them directly supervised at all times.

ARE YOU AN INDIVIDUAL LOOKING TO PARTICIPATE?

Interested in playing volleyball but are new to town or don't have quite enough to form a team? Here's your chance to sign up as an individual and Community Ed. will work to get you placed on a team.

Course No—2901

Cost—\$2 administrative fee, plus your portion of the team fee.

WOMEN'S VOLLEYBALL LEAGUE—COMPETITIVE DIVISION

A more formal, follow the rules setting.

League Night—Wednesday, matches at 7:00 & 8:00 p.m.

Regular League Play—Jan. 18-Mar. 28 (no volleyball Feb. 22)

League Tourney Dates—Apr. 4, 11, 18 (tentative)

Registration deadline—January 13

Cost: \$120 COURSE NO. 2902 Elementary School Gym

WOMEN'S VOLLEYBALL LEAGUE—RECREATION DIVISION

A more relaxed, informal environment.

League Night—Wednesday, matches at 7:00 & 8:00 p.m.

Regular League Play—Jan. 18-Mar. 28 (no volleyball Feb. 22)

League Tourney Dates—Apr. 4, 11, 18 (tentative)

Registration deadline—January 13

Cost: \$120 COURSE NO. 2903 Elementary School Gym

COED VOLLEYBALL LEAGUE

League Night—Sundays starting at 5:00 p.m.

Regular League Dates—Jan. 22-Apr. 15 (no volleyball Feb. 5 & Apr 8)

League Tourney—Apr. 22

Registration deadline—January 13

Cost: \$120 COURSE NO. 2905 High School Gym

TAE KWON DO

(Age 6 to Adults)

Tim Bormann & Allen Monroe



Tae Kwon Do is the ancient art of hand and foot fighting in Korea. Through these classes, students will learn the basic stances, kicks and blocks of Tae Kwon Do, as well as improve their flexibility, balance and coordination. Also, some of the philosophical ideals will be presented such as perseverance and self-control. Students will have the chance to advance according to their own skill levels; therefore, new students may start at any time. This class is open to everyone 6 years & older, parent/child students are encouraged. For more information, call Tim Bormann at 589-2020 or Allen Monroe at 589-4137.

WINTER SESSION—11 Sessions - \$38.50 - COURSE NO. 1410
 Mon., Jan. 2 - Mar. 12, 6:30-8:00 pm, HS Practice Gym

SPRING SESSION—10 Sessions - \$35.00 - COURSE NO. 1411
 Mon., Mar. 19 - May 21, 6:30-8:00 pm, Elementary Gym

ADULT INDOOR SOCCER



Want to get out of the cold and get some exercise? Love soccer but haven't had the avenue to play it? Want to meet people from around the community? Join us as we play the most popular game in the world which hasn't quite made an impact in Morris yet. It will be 6 on 6 indoor soccer and we plan to have a few games going at once. All skill levels are welcome.

Who—18+ adults from the community

When—Wednesdays, 7:30-9:00 pm Morris Area High School Gyms

Cost—\$10/person

14 sessions—January 25-April 25, Course No. 2921

FUTBOL SOCCER PARA ADULTOS

¿Deseas refugiarte del frío y hacer ejercicio? ¿Te gusta el fútbol pero no hay oportunidades de jugarlo? ¿Deseas conocer personas de la comunidad? Nos une para jugar el deporte más popular del mundo, el cual no todavía tiene mucho impacto en Morris. Habrá partidos de 6 contra 6 de futbol soccer. Personas con cualquier nivel de habilidad en el juego son bienvenidas.

¿Quiénes?—adultos mayores de 18 años de la comunidad

¿Cuándo?—miércoles de 7:30 a 9:00 p.m.

¿Dónde? — gimnasios de Morris Area High School

Costo —\$10/persona

14 sesiones—del 25 de enero al 25 de abril de 2012

Curso No. 2921

	COMMON CUP	501 ATLANTIC AVENUE MORRIS	-Fair Trade Coffee -Soups -Sandwiches -Wraps -Desserts	-Espresso -Drinks -Smoothies
	COFFEEHOUSE	320-589-1200		