

Adult Sports & Activities

Adult Water Aerobics

Water is the best place to exercise and not put extra stress on your body.

Location: Cleveland Hill Pool
Start Date: January 29th
End Date: March 28th
Days/Times: Monday & Wednesday, 7:35-8:35pm
Days Off: 2/20, 2/22
Fee: \$51
Membership Fee: \$46 **Walk-in Fee:** \$4/day



Indoor Volleyball Session II

Mondays: Women's Intermediate (every week)
Thursdays: Co-Ed Intermediate (every week)
Fridays: Co-Ed Intermediate (every week)
Starts January 2018
Location: Alexander Community Center

Adult Fitness

Do your workout in Cleveland Hill School's fitness room beginning at 7pm. Half of the pool will be available for swimming laps beginning at 7:35. Or you can join our Water Aerobics class.

Location: Cleveland Hill School
Start Date: January 8th
End Date: May 23rd
Days/Times: Monday & Wednesday, 7-8:30pm
Days Off: 2/19, 2/21, 3/30-4/4
Fee: \$4/day



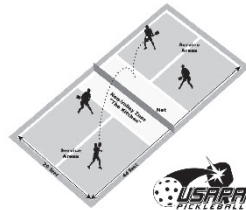
Adult Softball Leagues

Registration week is February 5-9 from 6-9pm at the Alexander Community Center (in the main office). Early Bird Reg. is Feb. 3 from 10am-1pm. Team Registration/Manager Information will be available at registration or online at www.tocny.org. A \$100 non-refundable deposit is necessary for all teams wishing to register.

Pickleball

New to the Alexander Community Center is the latest craze in recreational sports! We have one open court available for all level of players. Equipment is available to borrow.

Start Date: Week of Jan. 8th
DAYS & TIME TBA
Call 897-7207, ext. 6649 for more information



| League | Days | Reg. Fee | Resident Reg. Fee |
|----------------|---------------------|----------|-------------------|
| Co-Ed | Mon/Tue/Wed | \$460 | \$380 |
| Women's | Wed/Thu | \$460 | \$380 |
| Men's | Sun/Mon/Wed/Thu/Fri | \$460 | \$380 |
| Men's Over 40 | Tue | \$460 | \$380 |
| Wooden Bat 50+ | Sat | \$310 | --- |

- Please note that all fees include the \$25 ASA & \$40 forfeit fee.
- Leagues are slow-pitch unless otherwise specified
- If a team has no forfeits during the season the umpire fee for the last regular season game will be free.
- A \$100 non-refundable deposit is required to register a team.
- Resident Teams must provide proof of residence for all team members

Umpire Fees: \$20 per game

Adult Co-ed Kickball League

Saturdays or Tuesdays. League starts in May and runs 10 weeks. Cost is \$265 per team.

Start Dates: May 15
Umpire Fees: \$15 per game
Early Bird Registration:
 March 3, 10am-1pm
 Alexander Community Center

For more information about Volleyball, Kickball or Softball, contact
 Victor Nosal @ 897-7207, ext 6650