

### Basketball League - Men's

#### (4 on 4) Fast Break League (18 & up)

Games will be played on Sunday evenings between 6:00 pm - 10:00 pm. Teams play 20 minute halves with a running clock. Each team will play 7 games plus a single elimination tournament. The YMCA will provide a supervisor/scorekeeper for all games. A complete team roster is due at time of registration.

Maximum of 8 teams.

#### Fee: Winter 1 Only

Season: January 10th – March 28th

\$400 per team

\$5 late fee applies for registration after the deadline

### Adult Volleyball League - Co-Ed

Games will be played Sunday afternoons between 1:00 pm-5:00 pm at the YMCA. The YMCA will provide a supervisor/scorekeeper for all games. A complete roster is due at time of registration. Maximum of 10 on a team.

#### Fee: Winter 2 Only

\$325 per team

\$5 late fee applies for registration after the deadline

### Budo Taijutsu

#### Age: 16 and up

Instructed by *Shidoshi Joe Bunales*

Learn personal protection and self-defense methods with Bujinkan Budo Taijutsu, the basis for the U.S. Marine Corps Martial Arts Program and the FBI's Defensive Tactics Program. This class provides training in striking, grappling, joint locking, tumbling, break falls, and natural movement to confront larger, stronger, or even multiple opponents without reliance on brute force, speed or strength. Training with padded weapons provided. Uniforms are not required for the first session.

**Thursday 7:30 pm - 9:30 pm**

**Saturday Noon - 2:00 pm**

#### Fee: Winter 1 & 2

**2 classes per week:**

\$120 Members & Program Members

OR \$18 per class



**On-Line Registration  
Just A Click Away  
[www.campanelliymca.org](http://www.campanelliymca.org)**