

You and Your Friends Deserve some FUN!

Over 120 teams play each season.

REGISTRATION IS NOW OPEN ADULT SAND VOLLEYBALL LEAGUES.

Co-Rec Teams



Season Length - 16 weeks plus 2 wks of playoffs
(All Teams qualify for Playoffs)
FREE end of season party!

Leagues Offered
Mondays thru Sundays
(Upper & Lower Divisions offered each Day)

FREE Practice Court Time

Any Day or Night before the season starts
(Weather Permitting)
Plus all season on Saturdays
Text - Tony Hall to make reservation
(815)-558-0260

Day of week / Divisions Offered / Start Date

Mondays - Upper & Lower - April 26th

Tuesdays - Lower - May 4th

Tuesdays - (OVER 40 years old ONLY) - May 4th

Wednesdays - Upper & Lower - May 5th

Thursday - Upper & Lower - May 6th

Friday - Upper & Lower - April 30th

Sunday - Upper & Lower - April 25th

Weekday league times 6 p.m. / 6:45 p.m. / 7:30 p.m. / 8:15 p.m. / 9 p.m.

Sunday Night 5:30 p.m. / 6:15 p.m. / 7 p.m. / 7:45 p.m. / 8:30 p.m.

Forest Hills Lanes Volleyball Complex

- Large Deck with Tiki Bar
- Two Regulation Courts
- Indoor Remodeled Restrooms
- Full Food & Beverage Service

Only paid entries will be accepted
due to high demand for most nights.

Five Ways to sign-up

- (1) In Person
- (2) Mail
- (3) Phone 815-654-3900
- (4) Text 815-558-0260
- (5) email - foresthillslanes@gmail.com
- (6) online: www.ForestHillsLanes.com

One Low Price for a Summer of FUN!

\$200 Team Fee

(Not per person, fee covers the entire team.)
Includes all your weekly matches plus playoffs.



Lg Night: _____ Division: _____

Team Captain: _____

Cell Phone: _____

email: _____

7742 Forest Hills Road
Loves Park, IL 61111
(815) 654-3900
www.foresthillslanes.com