

# REGISTRATION IS NOW OPEN

## Fall Sand Volleyball Adult

## Co-Rec Leagues

Short 7  
Week  
Season



FREE Practice

**FREE Practice Court Time**  
Mondays, Tuesdays,  
Thursdays or Saturdays  
Text Tony Hall to make reservation  
(815)-558-0260

Teams taken on a first to pay basis.

Don't let the summer go without a fight, keep the fun going with one of our Fall Sand Volleyball Leagues.

# Cost ? ONLY \$60 per team.

**Wednesday Nights**  
Starts Sept. 7th

**Friday Nights**  
Starts Sept. 9th

**Sunday Nights**  
Starts Sept. 11th

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

Five Ways to sign-up

- (1) In Person
- (2) Phone 815-654-3900
- (3) Text 815-558-0260
- (4) email - [foresthillslanes@gmail.com](mailto:foresthillslanes@gmail.com)
- (5) online: [www.ForestHillsLanes.com](http://www.ForestHillsLanes.com)

### Forest Hills Lanes Volleyball Complex

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

Short & Fun  
Seven  
Week Season

ALL League are Co-Rec  
(at least 2 girls on  
the court at all times)



7742 Forest Hills Road  
Loves Park, IL 61111  
(815) 654-3900  
[www.foresthillslanes.com](http://www.foresthillslanes.com)

League Choice: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_