

# Summer 2026 Season

## Adult Sand Volleyball Leagues REGISTRATION is Now Open

Over 100  
Teams  
Last  
Summer



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

### Teams taken on a first to pay basis.

#### Day of Week / Divisions Offered / Start Date

Sundays - Lower Division Only - April 12th

Mondays - Lower Division Only - April 20th

Tuesdays - Lower Division Only - April 28th

Wednesdays - Upper & Lower Available - April 29th

Thursdays - Upper & Lower Available - April 30th

Fridays - Lower Division Only - April 24th

#### New Longer Time Slots (1 Hr)

Weekday leagues: 6 PM / 7 PM / 8 PM / 9 PM

Sunday Night: 5:30 PM / 6:30 PM / 7:30 PM / 8:30 PM

Sunday Afternoon: 2:30 PM / 3:30 PM / 4:30 PM

Season Length - 16 weeks plus  
up to 2 weeks of playoffs.  
(All teams qualify for the playoffs)

#### Forest Hills Lanes Volleyball Complex

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

Scan QR Code  
to be directed to  
registration page.



<https://bit.ly/SandVBall2026>



Only paid entries will be accepted  
due to very high demand.

Register Online at  
[www.ForestHillsil.com](http://www.ForestHillsil.com)  
or scan QR Code

Team Registration Fee: ONLY \$175 (Covers the entire team)  
Early Bird Registration Fee - Only \$175 per team. (If paid by March 15th)  
\$200 After March 15th

Team Fee Covers the entire regular season plus playoffs.

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