



Spring Adult Sports Alamance County YMCA

YMCA Spring Adult Sports offers a fun and exciting atmosphere with friends, co-workers, church groups and family. It also a great way to meet new people and make new friends. Players may sign up as an individual or together as a team.

Registration opens 1/8. Registration Fee: Member (\$49); Non-Member (\$69)

ORIENTATION and PRE-SEASON: Week of March 14-15

REGULAR SEASON: Begins Week of March 21-22

SPRING BREAK: No games on April 4-5

TOURNAMENT: Week of May 9-10

Adult Basketball Ages 18+

Thursdays at 5:30



Adult Volleyball Ages 18+

Fridays at 5:30



Sign up at acymca.org or call (336) 395-9622

FOR MORE INFORMATION

Senior Youth and Sports Director: Zack Manley - zmanley@acymca.org