

# YADULT LEAGUES™

We build strong kids, strong families, strong communities.

## Standard Adult Sports League Fees:

The A.C. Lewis YMCA has a standard team fee for all adult leagues. The standard team fee is \$350.00 per team. The fee helps to cover the cost of officials, equipment, and supplies for the leagues. For individuals who do not belong to a team and wish to participate in the league there is a free-agent fee of \$45.00 per person if registering individually.

**Games:** Games are played on Sundays at the A.C. Lewis YMCA. Teams will receive a minimum of 8 regular season games. There is a season ending tournament or playoffs at the completion of the regular season.

## YBASKETBALL™

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**Description:** The A.C. Lewis YMCA offers an organized, recreational, and competitive league twice a year. The first basketball league is offered during the spring months of February, March, and April. The second adult basketball league is offered during the fall months of September, October, and November.

## YFOOTBALL™

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**Description:** Adult Flag Football is offered through the A.C. Lewis YMCA in conjunction with other area YMCAs. Like our adult basketball league, our adult flag football league is offered twice a year, one during the spring and the other during the fall. The spring league is held during the months of February, March, and April and the fall league is held during September, October, and November. Individuals that are eighteen years of age and older may participate in the adult flag football leagues.

## Registration:

- **Spring:** The registration for the spring adult basketball league starts in late December and ends in early February.
- **Fall:** Registration for the fall adult basketball league starts at the beginning of August and ends at the beginning of September.

## Registration:

- **Spring:** The registration for the spring adult flag football league starts in late December and ends in late January.
- **Fall:** Registration for the fall adult football league starts mid July and ends mid August.

## Divisions:

1. **18 & Over:** There is an 18 and older division in which participants must be a minimum of 18 years of age to play in this division. There is not a maximum age limit for this division and it may be co-ed.
2. **30 & Over:** In this division participants must be at least 30 years old to play in this league. There is not a maximum age limit in this division and it may be co-ed.

**Games:** Games are played on Sundays at the YMCA. Teams will receive a minimum of 8 regular season games. There is a season ending tournament or playoffs at the completion of the regular season.



**A.C. Lewis Branch:** 350 S. Foster Drive • Baton Rouge, LA 70806 • Phone: (225) 924-3606 • Fax: (225) 924-1899

<b>Baranco-Clark Branch</b> 1735 Thomas Delpit Drive <b>344-6775</b>	<b>C. W. Lamar, Jr. Branch</b> 521 Third Street <b>612-9622</b>	<b>Lamar-Dixon Expo Center</b> 9039 S. St. Landry Road, Gonzales <b>(225) 647-9622</b>	<b>A.C. Lewis Branch</b> 350 S. Foster Drive <b>924-3606</b>	<b>Paula G. Manship Branch</b> 8100 YMCA Plaza Drive <b>767-9622</b>	<b>C.B. Pennington, Jr. Branch</b> 15550 Old Hammond Highway <b>272-9622</b>	<b>Southside YMCA Center</b> 8482 Perkins Road <b>766-2991</b>	<b>DOW Westside YMCA</b> 3688 Sugar Plantation Parkway Addis <b>687-1123</b>
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