

Adult Softball Leagues *18+ years*

Sunrise offers adult softball leagues for men and coed teams. League information will be made available on 4/19 (Summer '10 leagues) and 7/12 (Fall '10 leagues). The team registration deadlines are at 5:00pm on 5/21 (Summer) and 8/13 (Fall).

- Locations:** Antelope Park, Rusch Park & C-Bar-C Park
- Times:** Most early games begin at 6:20pm. Most late games end by 10:45pm.
- Men:** Mon/Thur/Fri
- Coed:** Wed & Fri
- Levels:** Rec (beginner) through C (intermediate)
- Fee:** \$445 per team

Adult Co-Rec Volleyball Leagues *18+ years*

Sunrise offers adult coed volleyball leagues for recreational teams. League information will be made available on 3/15 (Summer '10 leagues) and 6/7 (Fall '10 leagues). The team registration deadlines are at 5:00pm on 4/13 (Summer) and 7/5 (Fall).

- Location:** Rusch Park Auditorium
- Times:** Most early games begin at 6:30pm. Most late games end by 10:30pm
- Days:** Mon
- Level:** Recreational (beg. to lower-intermediate), with no overhead serves or spiking.
- Fee:** \$255 per team

Adult Basketball Leagues *18+ years*

League information will be made available on 4/5 (Summer '10 leagues) and 7/5 (Fall '10 leagues). The team registration deadlines are at 5:00pm on 5/3 (Summer) and 8/2 (Fall).

- Location:** Rusch Park Auditorium
- Times:** Most early games begin at 3:30pm. Most late games end by 9:30pm.
- Days:** Sun
- Levels:** C-1 (int.) and C-2 (lower-int.)
- Fee:** \$475 per team

ADULT SPORTS NOTES

1. Team registration packets can be downloaded by visiting www.teamsideline.com/sunrise.
2. Are you a FREE AGENT, or a manager looking for an extra player on your team? If you are an individual player looking for a team to play on, we are happy to add you to our list of free agents. We will make your information available to team managers looking for additional players. Free Agents and team managers looking to recruit players are encouraged to call 725-0185.

Foothill Golf Center



725-3399
Nine Hole - Par 27 Course

Location: 7000 Verner Avenue
(Near Greenback & I-80, See District Map, pg. 33)

- Under new management
- Open every day dawn to dusk
- Tournaments welcome
- Private/Semi private lessons available

For daily rates, call 725-3399.

Adult Open Gym Volleyball Antelope

18 years & up

Volleyball enthusiasts are encouraged to reserve a couple hours on Thursday nights for a fun workout playing your favorite sport. Participants are to sign in and pay upon arrival.

Location: Antelope Crossing Middle School
9200 Palmerson Dr.

Fee: \$3 at the door

Thur 7:00 – 9:00pm

9457.200 4/8 - 4/29
9457.201 5/6 - 5/27



Antelope Community Tennis Association

Meets at the Antelope Tennis Center or Center High School Tennis courts on Saturday mornings (8:30am), Feb. through Nov. We welcome all skill levels and love to help beginners learn. Hit on our ball machine, enjoy some drop-in play and get to know the friendly players from the surrounding area. New leagues start every 8 weeks!

We also have tennis socials each month as a way to introduce new players. For more information, check out our website at www.AntelopeTennis.com or contact Alan at 225-3124 and info@antelopetennis.com.

Community Camp Out

July 17 & 18 at Rusch Park
Check in begins at 3:30pm.

Brought to you by the Sunrise Recreation & Park District, in collaboration with the City of Citrus Heights.

\$20 per family, Code 7116.201

Activities include:

- Swimming 5:30 - 8:30pm
- BBQ Dinner
- Campfire with entertainment
- Continental Breakfast

Registration will open on March 15. Space is limited!



Sunrise

ADULT TENNIS



**Location: Antelope Community Park Tennis Center
7900 Falcon View Dr.**

New classes will be forming throughout the year with scheduling changes made during the summer. For information on specific dates and events, please contact William, our Tennis Pro at (916) 508-2578 or william.matteoni@gmail.com. Once created, classes will be displayed on our web site www.SunriseParks.com, where you can register on line at a promotional price. For convenience, you can participate on a drop-in basis and pay as you go.

Practice Drills with Instruction

Do you play for exercise or the thrill of competition? Perhaps you enjoy the time on court spent with friends, or you're looking to continually improve your skills. Regardless of your reason, at the Antelope Tennis Center you can find the instruction and the games that suit you. You will enjoy plenty of movement and exercise during various tennis drills. Each stroke will be analyzed. Mechanics & footwork will be covered as well as plenty of instruction on singles and doubles play patterns and techniques.

Ladies Tennis Drills

Designed for women with NTRP (National Tennis Rating Program) from 2.5 to 4.0.

Mon/Thur 7:00 - 8:30pm 4 classes \$40 (or \$12 drop-in fee per class)

Mens Tennis Drills

Designed for men with NTRP (National Tennis Rating Program) from 2.5 to 4.5.

Wed/Fri 7:00 - 8:30pm 4 classes \$40 (or \$12 drop-in fee per class)

Mixed Tennis Drills

Designed for women and men with NTRP (National Tennis Rating Program) from 2.5 to 4.5.

Sun 9:30 - 11:00pm 4 classes \$40 (or \$12 drop-in fee per class)

** The NTRP ranking is a skill level indicator. Players don't need to have a ranking in order to sign up for the drills.

Cardio Tennis is Here

Get fit and have a blast! Cardio Tennis is a USTA program which features a fast paced group activity producing exciting and efficient heart pumping drills to give players of all abilities an ultimate, high-energy workout! You don't need to be a great tennis player in order to benefit from this exercise class. The class focus is more on conditioning rather than tennis instruction.

Participants need to provide their own tennis racquets and the class size maximum is 8. For updates on class cancellations due to weather, please contact the Tennis Pro.

Mon/Wed 6:00 - 7:00pm 4 classes \$40 (or \$12 drop-in fee per class)

