

**YMCA Family Center Fall/Winter Volleyball Leagues 2025**  
**Registration - Roster & Fee Deadline: September 10<sup>th</sup>, 2025**  
**Volleyball Social: Wednesday, September 8th, 6:30 PM - 9:00 PM**  
**League Dates: September 24th – December 17<sup>th</sup>**

Come join the fun! The YMCA has volleyball leagues on Monday and Wednesday nights beginning September 24th & September 29th. The Social on Monday, September 8th, is a night for players to meet new people and have some fun. We'll have games going at different skill levels. It's a great way to meet other players if you're looking for a team and get some practice playing before the leagues start.

The 9-week league begins Wednesday, September 24th and ends with a tournament involving all teams with prizes for first and second place in every division.

**Monday Night Leagues**

3 Person League - 3 person teams with any combination of men and women who have advanced volleyball skills and experience.

4 Person Coed League - for those with at least some advanced volleyball skills & experience.

**Wednesday Night Leagues: Coed 6's**

C Level - for those with basic volleyball skills and/or may be learning the game.

B Level - for those with good ball control and some advanced skills.

A Level - for those who have consistent ball control and advanced skills.

**General Info:**

There are several leagues so every skill level can have a good time. We offer 3 Person, 4 Person, and 6 Person Leagues. Each league has a different level of play. **Individual players can only play on 1 team per league.**

3 person teams can have up to 5 players on their roster, 4 person teams can have up to 7 players on their roster, and 6 person teams can have up to 10 players on their roster.

The cost for each team league is \$90 for a 3-person league, \$120 for a 4-person league, \$180 for a 6-person league. **Payment is due with roster by Monday, September 10th.** Captains will be contacted regarding 1<sup>st</sup> week match times the evening before league begins. A complete game schedule will be distributed the first night of play. All leagues may have matches scheduled between the hours of 6:30 PM to 10:00PM.

Sign-up deadline is Wednesday, September 10th. Leagues are limited. Registrations accepted until leagues fill, so sign up early! Rosters can be dropped off to the YMCA at 215 7th Street North, Grand Forks, ND 58203. Don't have a team? Then come to the YMCA Volleyball Social on Wednesday, September 6th beginning at 7 pm. There will be open games of volleyball to jump in and meet some new people!

For more information contact Erin Erickson, Volleyball Coordinator, at (701) 330-0912 (call or text) or Breon Quintero, Sports Director, at the YMCA (701) 775-2586 ext 209, or text (719) 424-8570.

**A registration form is on back of this flyer.**

**Altru YMCA Family Center**  
**VOLLEYBALL LEAGUE REGISTRATION FORM**  
Fall/Winter Leagues 2025: Begins 9/24/2025

**~Please Fill Out 1 Roster Per Team Per League~**

**CHOOSE A LEAGUE:**

**3 Person League:** Power 3's \_\_\_\_\_

**4 Person League:** Coed 4's \_\_\_\_\_

**6 Person League:** Coed 6's A \_\_\_\_\_ OR Coed 6's B \_\_\_\_\_ OR Coed 6's C \_\_\_\_\_

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

Phone #: \_\_\_\_\_ Team Name: \_\_\_\_\_

Return Registration Form to: YMCA 215 North 7th Street, Grand Forks, ND 58203. For registration information call (701) 775-2586.

Entry Fee of \$75 for 3 person league, \$100 for 4 person league, and \$150 for 6 person league is due at time of registration.

Contact Erin Erickson at (701) 330-0912 for specific league information and questions.

**REGISTRATION & FEE DUE WEDNESDAY, SEPTEMBER 10TH**

	Player Name	Email Address	Phone Number	Male/Female	Shirt Size
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**~Schedules will be emailed to those players whose emails are included on the roster~**