



Adult Leagues | Spring 2020

Adult leagues are limited to participants 18 and older. To register, complete the team registration form available at the Iowa Community Center or via email: SEarl@invillapark.com. All leagues include playoffs and prize money for winning teams. All captain meetings are held at the Iowa Community Center. Softball games are played at Lions Park.



Men's 16" Softball League

Team registration deadline is Thursday, May 2
REGISTRATION FEE: \$ 699
10 GAME SEASON AND CASH AWARDS
 Captains' meeting is Thursday, May 7, 7 pm
 Friday night games start Friday, May 15

Men's Under 30 16" Softball League

Team registration deadline is Thursday, May 2
REGISTRATION FEE: \$629
9 GAME SEASON AND CASH AWARDS
 Captains' meeting is Thursday, May 7, 7 pm
 Tuesday night games start Tuesday, May 12

Co-Rec 14" Softball League

Team registration deadline is Thursday, May 2
REGISTRATION FEE: \$559
8 GAME SEASON AND CASH AWARDS
 Captains' meeting is Thursday, May 7, 6 pm
 Wednesday night games start Wednesday, May 13

Cash awards and number of games are dependent on number of teams registered in each league.

Yoga

Yoga is devoted to the development of strength, stamina, flexibility, balance focus and dedication with regard to each person's body and needs in mind. Bring your own Yoga mat, (2) yoga blocks and a strap. Monday Yoga classes have been taught by Yoga Teachers Group, Inc for over 10 years. Please wear comfortable clothing.

AGES: 13 and older

\$59

6 CLASSES

IOWA COMMUNITY CENTER

FTN04-30	M	6-7 pm	Jan 6-Feb 10
FTN04-31	M	6-7 pm	Feb 24-Mar 30
FTN04-32	M	6-7 pm	Apr 13-May 18

NEW Yoga in the Park

There are so many benefits of yoga - whether you're looking for a form of exercise that won't make you hurt the next day, needing to work on balance and flexibility, or if you're a conditioned athlete wishing to balance your current workout routine. Join certified instructor Kimberly LaBounty for a Vinyasa Flow class. Kimberly teaches to all levels and will adapt accordingly. Bring some water and your yoga mat. You'll leave feeling stronger, calmer and more balanced! To learn more about Kimberly, visit www.kimberlylabounty.yoga.

AGES: 13 and older

\$47

5 CLASSES

CORTESI VETERANS MEMORIAL PARK

FTN20-30	W	7-8 pm	Apr 22-May 20
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Open Pickleball

Pickleball is a game that combines elements of tennis, badminton and ping pong.

Pickleball players use paddles and whiffle balls to play on a badminton-sized court with a slightly modified tennis net.

This low-impact sport is easier on the knees and shoulders than tennis, as it does not involve as much running or arm strength. You might be surprised to learn that Pickleball is one of the fastest growing adult sports in the nation. Bring your own equipment or use the equipment provided.

(NO CLASS 12/24, 12/31)

DROP-IN FEE: \$4

10 PUNCH CARD: \$30

IOWA COMMUNITY CENTER

Tu	7:45-9:45 pm	Nov 5-Mar 31
Tu	6:45-9:15 pm	Apr 7-Oct 27

