



Men's Basketball League

Enter your team now. This men's league is quickly growing as one of the most popular in the County of San Diego. We have two divisions for all skill levels starting this fall. Game times start at 7pm. Fee includes referee cost. 10-12 league games ending with playoffs. Free agents welcomed. Please call for more details at (619) 667-6833.

Starting December 14th
Monday nights
\$400 per team



Youth Co-Ed Basketball League

Come be a part of one of San Diego's best youth basketball leagues!

Cost: \$60 (includes jersey) and banquet
Location: Spring Valley Gymnasium- 838 Kempton st.
Age Divisions: 6-7, 8-9, 10-11, 12-13

Skill Assessment: December 12th, 2009 @ 10:00 am

Registration Starts:
October 15th
Spring Valley Gym
(Birth Certificate Required)

What is the Skills Assessment?

The Skills Assessment is designed to evaluate basic skills in each individual (dribbling, passing, etc). Based on assessment results, teams are drafted to ensure that all teams are equally balanced. This way every child can benefit from their experience in our recreational sports program.

**All practices and games will be played at the Spring Valley Gymnasium. Practice times and days vary by age division.*

Gym Rentals

If you have a basketball team (including AAU), volleyball team or would like to run a tournament the Spring Valley Gym is available to rent. The gym has 2 high school size basketball courts and 3 high school regulation volleyball courts. Please call us for prices and availability.

ADULT ATHLETIC LEAGUES

If you're looking for an after work activity, Christian Sports Productions offers both Men's and Co-Ed Softball leagues that run on various nights.

Monday to Friday.

Game times are 6:45pm, 7:50pm and 8:55pm.

If baseball is more your game, come and sign up for the San Diego Wood Baseball League.

For more information contact Rafael at 619-937-5250



**Three Divisions
A / B / C
Ages 18 +**

Visit CSP's website for more information.
<http://www.cpsd.com/softball.cfm>

1312 Sweetwater Lane, Spring Valley

Just a few minutes away from the gym, down Jamacha Road and Sweetwater Lane, the Sweetwater Lane Sports Complex offers four lighted fields and a variety of athletic programs for adults to participate in. For more information, please call (619) 670-9902

SPRING VALLEY GYMNASIUM

ADULT OPEN PLAY

Open play encourages adults to get active. Come after work and play in our newest facility with 2 full courts.



There's room for everyone.

All you need is a waiver, your gym clothes and \$1 when you come in.

Or sign up and pay a \$20 annual fee to play for the entire year.

HOURS OF OPERATION

MON - THUR	FRI	SAT & SUN
6:30 pm to 9 pm	5 pm to 7 pm	Closed

YOUTH OPEN PLAY

Love basketball?

Open play gives kids of all ages an opportunity to shoot around and even play some pick-up games after school.

All you need is a signed waiver and gym attire.

HOURS OF OPERATION

MON	TUES	WED—FRI	SAT
3:30 pm	2:30 pm	3:30 pm	Closed
to	to	to	SUN
6 pm	6:30 pm	6:30 pm	Closed

VolleyBall Open Play



**Gather your friends
and family and come
play indoor volleyball at the
Spring Valley Gymnasium!**

Beat the heat and stay cool .

Play on one of our three full size volleyball courts. Don't forget your gym clothes and your signed waiver. All ages welcome!

HOURS OF OPERATION

MON	TUES	WED—FRI	SAT & SUN
3:30 pm to 6:30pm	2:30 pm to 6:30 pm	3:30 pm to 6:30pm	closed

See Staff for details

**838 Kempton Street
Spring Valley, CA 91977
(619) 667-6833**

DAILY ACTIVITIES ■ FOR ALL AGES