

adult sports

Basketball Adult

Teams play one classification game prior to start of league and a 10-game schedule at local gyms. Teams pay \$25 per game for official. Register 4/23-6/7. **Limited space, register early!**

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13847	16+	Jun 25-Sep 24	M	6-10 pm	LS	\$440
13848	16+	Jun 27-Sep 12	W	6-10 pm	LS	\$440

Basketball Adult 35+

Teams play one classification game prior to start of league and a 10-game schedule at local gyms. Teams pay \$25 per game for official. Register 4/23-6/7. **Limited space, register early!**

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13849	35+	Jun 24-Sep 16	Su	1-4 pm	MKPRC/POPC	\$440

Men's Slow Pitch

Teams play one classification game prior to start of league and a 10-game schedule. Teams pay \$11 per game for umpire. Register 5/21-7/19.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13838	16+	Jul 31-Oct 23	Tu	6:30-10:15 pm	BWSC	\$400
13839	16+	Aug 1-Oct 24	W	6:30-10:15 pm	BWSC	\$400
13840	16+	Aug 2-Oct 25	Th	6:30-10:15 pm	BWSC	\$400
13841	16+	Aug 3-Oct 26	F	6:30-10:15 pm	BWSC	\$400
13842	16+	Aug 5-Oct 28	Su	5:15-9 pm	BWSC	\$400

Adult Coed Slow Pitch

Teams play one classification game prior to start of league and a 10-game schedule. Teams pay \$11 per game for umpire. Register 5/21-7/19.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13837	16+	Jul 30-Oct 22	M	6:30-10:15 pm	BWSC	\$400
14048	16+	Jul 31-Oct 23	Tu	6:30-10:15 pm	BWSC	\$400
14049	16+	Aug 1-Oct 24	W	6:30-10:15 pm	BWSC	\$400
14050	16+	Aug 2-Oct 25	Th	6:30-10:15 pm	BWSC	\$400
14051	16+	Aug 5-Oct 28	Su	6:30-10:15 pm	BWSC	\$400

Adult Coed Hardball Slow Pitch

Teams play one classification game prior to start of league and a 10-game schedule. Teams pay \$11 per game for umpire. Register 5/21-7/19.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13836	16+	Jul 30-Oct 22	M	6:30-10:15 pm	BWSC	\$400
14031	16+	Jul 31-Oct 23	Tu	6:30-10:15 pm	BWSC	\$400
14032	16+	Aug 1-Oct 24	W	6:30-10:15 pm	BWSC	\$400
14033	16+	Aug 2-Oct 25	Th	6:30-10:15 pm	BWSC	\$400
14052	16+	Aug 5-Oct 28	Su	6:30-10:15 pm	BWSC	\$400

Adult Coed Volleyball

Teams play one classification game prior to start of league and a 10-game schedule. Teams pay \$8 per game for official. Register 6/25-9/6.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13055	16+	Sep 18-Dec 6	Tu, Th	6:15-10 pm	POPC/MKPRC	\$265



Adult Cardio Tennis

This is a workout class designed to get your heart rate up to the cardio workout level. The class does not focus on tennis skills. Drills are fun and active, students must be in good physical condition.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13504	18-50	May 4-Jun 8	F	11 am-12 pm	MKP	\$80
13505	18-50	Jun 15-Aug 3	F	11 am-12 pm	MKP	\$80

Adult Tournament

This tennis class is for adult students interested in playing in league or tournaments. Student must have basic skills and knowledge of the game. This is not a beginner class.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13506	18+	May 5-Jun 9	Sa	11:30 am-1 pm	MKP	\$120
13507	18+	Jun 16-Aug 4	Sa	11:30 am-1 pm	MKP	\$120

Senior Tennis

This class is for 55+. This is not a beginner class. Players must understand how to play the game and be able to hit most shots. Focus will be on doubles play. Emphasis on improving stroke production, shot selection, and injury prevention and recovery.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13508	55+	May 1-Jun 5	Tu	1-2 pm	MKP	\$55
13509	55+	Jun 12-Jul 31	Tu	1-2 pm	MKP	\$55

Tennis Beginner

This is a beginner class. Students will have zero or limited tennis background. Learn basic strokes, forehand, backhand, serve and volley, scoring, basic rules and sportsmanship. Loaner tennis rackets provided.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13512	18+	May 1-Jun 5	Tu	2:15-3:15 pm	MKP	\$100
13513	11-15	May 3-Jun 7	Th	4-5 pm	MKP	\$100
13514	18+	Jun 12-Jul 31	Tu	2:15-3:15 pm	MKP	\$100
13515	11-15	Jun 14-Aug 2	Th	4-5 pm	MKP	\$100

Oasis Walkers

Walk your way to better health in the gym at Palmdale Oasis Park Center. Participants must obtain a Fitness pass (see pg. 23) to participate. Adults only please; children permitted in a stroller.

GRADE	DATE	DAY	TIME	LOC	FEE
18+	Ongoing	Tu, Th	9 am-12 pm	POPC	\$3/55+ \$1.50

Adult Sports programs are sponsored
by High Desert Medical Group

HIGH DESERT MEDICAL GROUP

HDMG Life...



AMERICAN FUSION CUISINE
Steaks • Pasta • Seafood • Flatbread & More

Bringing Style & Taste to the AV

OPEN TUESDAY-SATURDAY @ 4 PM
641 WEST PALMDALE BOULEVARD
(Behind Easy Life Furniture)
661.538.1040
www.craverestaurantandbar.net

 Follow us on Facebook for special offers!



LEARN TO FENCE AT

Thrust Fencing Studio
in Palmdale

www.thrustfencing.com (661) 533-5906



youth sports

Tennis Beginner Junior

Designed for junior students with little or no tennis background. Students will learn basic strokes, forehand, backhand, serve and volley, scoring, basic rules of tennis and sportsmanship. Students who aspire to a higher level of play and move on to the next level will have the opportunity to be tested at the end of the eight week session. Loaner tennis rackets provided.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13516	7-10	May 1-Jun 5	Tu	4-5 pm	MKP	\$100
13517	7-10	Jun 12-Jul 31	Tu	4-5 pm	MKP	\$100

Team Tennis

This class is for intermediate to advanced players who are at a higher level of play. Players must be able to serve, hit forehand and backhand, volley, keep score and have an understanding of court layout.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13510	12-15	May 7-Jun 11	M	4-5 pm	MKP	\$100
13511	12-15	Jul 16-Sep 3	M	4-5 pm	MKP	\$100

Young Champions Tennis

Students master fundamental skills and strategy to become a top player! Beginner, intermediate, and advanced instruction provided. Develop coordination, strengthen concentration and get fit, while making friends and having fun. Register on site 20 minutes prior to first class or 10 minutes prior up to the fourth week. \$6/lesson if session paid in full; \$7/lesson if paid weekly. \$8 registration fee/student/session. Call 714/259-1400 for more information. Instructor: Young Champions

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13442	5-7	Apr 10-Jun 19	Tu	5-5:40 pm	MP	\$7
13443	8+	Apr 10-Jun 19	Tu	5:45-6:25 pm	MP	\$7
13444	5-7	Jun 26-Sep 11	Tu	5-5:40 pm	MP	\$7
13445	8+	Jun 26-Sep 11	Tu	5:45-6:25 pm	MP	\$7

Basketball Hoopsters

This skills clinic is designed to teach youngsters fundamentals of basketball and good sportsmanship. Students learn to dribble, pass, shoot and more! Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13313	4-5	May 7-Jun 25	M	4-4:45 pm	POPC	\$24R/\$29NR
13315	6-7	May 7-Jun 25	M	5-5:45 pm	POPC	\$24R/\$29NR
13314	4-5	Jul 9-Aug 27	M	4-4:45 pm	POPC	\$27R/\$32NR
13316	6-7	Jul 9-Aug 27	M	5-5:45 pm	POPC	\$27R/\$32NR

Basketball Fundamentals

Learn the fundamentals of basketball in this basic skills class. Participants will learn to dribble, pass, shoot and more.
Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13351	8-12	May 10-Jun 28	Th	4-4:45 pm	POPC	\$27R/\$32NR
13352	8-12	Jul 12-Aug 30	Th	4-4:45 pm	POPC	\$27R/\$32NR

Youth Basketball

Fee includes jersey, picture package and trophy. Practices are held during the week between 4-9 pm; coach determines practice day and time. Games are held Saturdays 9 am-5 pm. Proof of age required at registration. Register 4/23-6/7. **Limited space, register early!**

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13850	7-8	Jul 21-Sep 15	Sa	9 am-5 pm	POPC/HAC	\$57R/\$68NR
13851	9-10	Jul 21-Sep 15	Sa	9 am-5 pm	POPC/HAC	\$57R/\$68NR
13852	11-12	Jul 21-Sep 15	Sa	9 am-5 pm	POPC/HAC	\$57R/\$68NR
13853	13-14	Jul 21-Sep 15	Sa	9 am-5 pm	POPC/HAC	\$57R/\$68NR
13855	7-8	Jul 21-Sep 15	Sa	9 am-5 pm	MKPRC/HAC	\$57R/\$68NR
13856	9-10	Jul 21-Sep 15	Sa	9 am-5 pm	MKPRC/HAC	\$57R/\$68NR
13857	11-12	Jul 21-Sep 15	Sa	9 am-5 pm	MKPRC/HAC	\$57R/\$68NR
13858	13-14	Jul 21-Sep 15	Sa	9 am-5 pm	MKPRC/HAC	\$57R/\$68NR

T-Ball All-Stars

Students learn to bat, catch, field and run bases. Fundamental skills and good sportsmanship are emphasized. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13345	4-5	May 9-Jun 27	W	4-4:45 pm	POPC	\$27R/\$32NR
13346	6-7	May 9-Jun 27	W	5-5:45 pm	POPC	\$27R/\$32NR
13347	4-5	Jul 11-Aug 29	W	4-4:45 pm	POPC	\$27R/\$32NR
13348	6-7	Jul 11-Aug 29	W	5-5:45 pm	POPC	\$27R/\$32NR

Youth Baseball

Fee includes jersey, cap, picture package and trophy. Teams play an eight-game schedule and will have three weeks' practice prior to the first game. Practices are held during the week, between 5-9 pm; coach determines practice day and time. Games are held Thursdays 5:30-8:30 pm. Proof of age required at registration. Register 4/23-6/7.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14002	9-11	Jul 19-Sep 6	Th	5-9 pm	BWSC	\$57R/\$68NR
14003	12-14	Jul 19-Sep 6	Th	5-9 pm	BWSC	\$57R/\$68NR

Youth Sports programs are sponsored by Round Table Pizza



Volleyball FUNDamentals

Bump, set and spike! Learn the fundamentals in this fun and exciting class including digging, hitting, serving and passing.
Instructor: Staff


COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13349	8-13	May 10-Jun 28	Th	5-5:45 pm	POPC	\$27R/\$32NR
13350	8-13	Jul 12-Aug 30	Th	5-5:45 pm	POPC	\$27R/\$32NR

Youth Volleyball


Fee includes jersey, trophy and picture package. Teams play an eight-game schedule. Coach determines practice day and time. Games are held Saturdays between 9 am-5 pm. Proof of age required at registration. Register 5/21-8/30

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13862	7-9	Oct 6-Dec 8	Sa	9 am-5 pm	MKPRC/POPC	\$57R/\$68NR
13863	10-12	Oct 6-Dec 8	Sa	9 am-5 pm	MKPRC/POPC	\$57R/\$68NR
13864	13-16	Oct 6-Dec 8	Sa	9 am-5 pm	MKPRC/POPC	\$57R/\$68NR

★ RECREATIONAL SOCCER ★



BOYS & GIRLS • AGE 4-17
Practice & Play @ Domenic Massari Park



Proud Member of the Palmdale Community Since 1988
Now registering for Fall Season
www.pysl.com

youth sports

Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the world's most popular game. As you and your child participate in our fun, age appropriate activities, your child will develop motor and socialization skills. A variety of activities designed around soccer will be played each week. KLS Rain-out Hotline: 1-888-372-5803. Visit www.kidzlovesoccer.com for more information. Instructor: Kidz Love Soccer

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13871	2-3	Jun 4-Jul 9	M	6-6:30 pm	DSP	\$66
13872	2-3	Jul 16-Aug 20	M	9-9:30 am	DSP	\$66

Kidz Love Soccer

Kids aged 3-1/2 to 6 learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method. Sessions include age-appropriate activities, skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Visit www.kidzlovesoccer.com for more information. KLS Rain-out Hotline: 1-888-372-5803. Instructor: Kidz Love Soccer

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
13867	5-6	Soccer 1	Jun 4-Jul 9	M	4-4:45 pm	DSP	\$66
13866	4-5	Pre	Jun 4-Jul 9	M	4:45-5:20 pm	DSP	\$66
13865	3-4	Tot	Jun 4-Jul 9	M	5:20-5:50 pm	DSP	\$66
13868	3-4	Tot	Jul 16-Aug 20	M	9:40-10:10 am	DSP	\$66
13869	4-5	Pre	Jul 16-Aug 20	M	10:10-10:45 am	DSP	\$66
13870	5-6	Soccer 1	Jul 16-Aug 20	M	10:45-11:30 am	DSP	\$66

Pee Wee Soccer

A fun, non-competitive introduction to this popular sport. Students learn to kick, dribble and pass. Fundamental skills and good sportsmanship are emphasized. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13341	4-5	May 8-Jun 26	Tu	4-4:45 pm	POPC	\$27R/\$32NR
13342	6-7	May 8-Jun 26	Tu	5-5:45 pm	POPC	\$27R/\$32NR
13343	4-5	Jul 10-Aug 28	Tu	4-4:45 pm	POPC	\$27R/\$32NR
13344	6-7	Jul 10-Aug 28	Tu	5-5:45 pm	POPC	\$27R/\$32NR

Young Champions Youth Soccer

Students learn essential skills and strategy to play winning soccer! Beginner, intermediate and advanced instruction provided. Learn dribbling, passing, trapping, shooting, defending and scoring. Register on site 20 minutes prior to class on the first day or 10 minutes prior to class up to the fourth week. \$6/lesson if entire session is paid in full; \$7/lesson if paid weekly. \$8 registration fee/student/session. Call 714/259-1400 for more information. Instructor: Young Champions

AGE	DATE	DAY	TIME	LOC	FEE
5-6	Apr 14-Jun 16	Sa	9:30-10:10 am	DSP	\$7
7-8	Apr 14-Jun 16	Sa	10:20-11 am	DSP	\$7
9-15	Apr 14-Jun 16	Sa	11:10-11:50 am	DSP	\$7
5-6	Jun 23-Sep 15	Sa	9:30-10:10 am	DSP	\$7
7-8	Jun 23-Sep 15	Sa	10:20-11 am	DSP	\$7
9-15	Jun 23-Sep 15	Sa	11:10-11:50 am	DSP	\$7

Young Champions Self-Defense & Safety Awareness

Students learn and practice verbal and physical skills for self-defense against bullies and strangers. Course content includes breakaways, close contact techniques, communication skills and confident posture. Weekly safety awareness information addresses the lures strangers use to attract and abduct children and teens. Students progress in rank and earn their belts. Register on site 20 minutes prior to class the first day or 10 minutes prior up to the fourth week. \$6/lesson if paid in full; \$7/lesson if paid weekly. There is an \$8 registration fee/student/session. Call 714/259-1400 for more information. This class is designed for students new to self-defense. Instructor: Young Champions

AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
5-7	New Students	Apr 7-Jun 16	Sa	9-9:40 am	MKPRC	\$7
8-15	New Students	Apr 7-Jun 16	Sa	9:45-10:25 am	MKPRC	\$7
5-15	Yellow Belts	Apr 7-Jun 16	Sa	10:30-11:10 am	MKPRC	\$7
5-15	Orange & Purple	Apr 7-Jun 16	Sa	11:15-11:55 am	MKPRC	\$7
5-15	Green & Above	Apr 7-Jun 16	Sa	12-12:40 pm	MKPRC	\$7
5-7	Adults	Apr 7-Jun 16	Sa	12:45-1:25 pm	MKPRC	\$7
5-7	New Students	Apr 9-Jun 18	M	4:30-5:10 pm	POPC	\$7
8-15	New Students	Apr 9-Jun 18	M	5:15-5:55 pm	POPC	\$7
5-15	Yellow Belts	Apr 9-Jun 18	M	6-6:40 pm	POPC	\$7
5-15	Orange & Above	Apr 9-Jun 18	M	6:45-7:25 pm	POPC	\$7
5-7	New Students	Jun 23-Sep 15	Sa	9-9:40 am	MKPRC	\$7
8-15	New Students	Jun 23-Sep 15	Sa	9:45-10:25 am	MKPRC	\$7
5-15	Yellow Belts	Jun 23-Sep 15	Sa	10:30-11:10 am	MKPRC	\$7
5-15	Orange & Purple	Jun 23-Sep 15	Sa	11:15-11:55 am	MKPRC	\$7
5-15	Green & Above	Jun 23-Sep 15	Sa	12-12:40 pm	MKPRC	\$7
5-7	Adults	Jun 23-Sep 15	Sa	12:45-1:25 pm	MKPRC	\$7
5-7	New Students	Jun 25-Sep 10	M	4:30-5:10 pm	POPC	\$7
8-15	New Students	Jun 25-Sep 10	M	5:15-5:55 pm	POPC	\$7
5-15	Yellow Belts	Jun 25-Sep 10	M	6-6:40 pm	POPC	\$7
5-15	Orange & Above	Jun 25-Sep 10	M	6:45-7:25 pm	POPC	\$7

Mini Musketeers Fencing Academy

This introductory fencing program for boys and girls uses safe plastic swords qualified by the European Fencing Federation for youth fencing practices. Fencing promotes hand/eye coordination, balance, concentration, interpersonal skills and confidence. Students wear sweat pants, long sleeve shirts and sneakers. Equipment provided by instructor. Register early, class is limited to 12 students! For more information visit www.thrustfencing.com

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13390	6-12	May 19-Jun 23	Sa	9-10 am	POPC	\$60
13391	6-12	Jul 14-Aug 18	Sa	9-10 am	POPC	\$60