

WANT MORE INFO?

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MINOT FAMILY YMCA

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FAQ's

WHAT IS HUFF & PUFF?

Huff & Puff League is for adults wanting to learn a variety of sports in a group setting. With different divisions to choose from, you will always be with those in the same age group.

WHERE IS IT HELD?

The league will be held in various places around the YMCA depending on the sport and weather! It could be held in the gym, indoor or outdoor racquetball courts, or the outdoor sports field on the south side of our facility. No matter what the game, you will always meet in the front lobby!

WHY WEDNESDAYS & FRIDAYS?

We chose Wednesday as the introductory day where you will practice the rules and skills of play. We left a day in between to rest up, but if you want to come in on Thursday to practice on your own time, you can! On Friday, the league will meet and compete with or against each other by using "call your own" league play. This means you will get to make your own calls in terms of score, fouls, outs, etc.

WHO CAN JOIN?

Any one who fits within the division age range! We encourage you to bring your friends! This league will be more fun with more people! Do you want to bond with your best friend? Or maybe you want to compete against your spouse or family member. The sky is the limit!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET YOUR GAME ON

Adult Huff & Puff League
MINOT FAMILY YMCA



PRACTICE & PLAY

MULTIPLE SPORTS – ONE LEAGUE

Want to learn or play a variety of sports? Huff & Puff is the perfect league for you!



6 WEEKS OF SPORTS!

On Wednesday you will learn the sport of the week and rules of the game, then on Friday you will compete against your peers using the skills you learned earlier in the week. The sports played will vary each league.

SPORTS MAY INCLUDE:

Wallyball
Ultimate Frisbee
Flag Football
Pickleball
Racquetball
Badminton
Dodgeball
Kickball
Basketball
and more!

LEAGUE REGISTRATION

SUMMER LEAGUE

Ages: 25-59 Fee: \$35

Registration: April 8 – May 31, 2019

League: June 5 – July 17 (excluding July 4 week)

Days: Wed & Fri 6-8PM

WINTER LEAGUE

Ages: 60+ Fee: \$35

Registration: TBA

League: TBA

Days: Wed & Fri 9-10AM

Name _____

First

Last

DOB ____/____/____ Phone ____-____-____

Home Address _____

City _____ State ____ Zip _____

E-mail _____

Summer Division

Winter Division

25-34

60+

35+

Authorization (18+ or Parent/Guardian)

I, the undersigned, represent that I am medically fit to participate in this event. In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against all persons and agencies involved with the program. I hereby grant full permission.

I give permission to Minot Family YMCA to use photographs or videos of me/my team for promotional or other legitimate purposes.

Signature _____

Date _____