Quechan Parks & Recreation

55 and Over Chair Volleyball Tournament

Come celebrate Elder Month with us

SATURDAY MAY 20TH, 2017

AT THE QUECHAN COMMUNITY CENTER

STARTING AT 8:00 AM

DOUBLE ELIMINATION

Chair Volleyball is played with 6 players seated in chairs on each side of the net played with a beach ball.

Entry Fee: $50.00

Dealine: Friday May 19th 2017 by 5:00 PM

ROSTER FREEZE

10 PLAYERS MAX PER TEAM

Benefits:

Improves cardiovascular fitness, increases joint flexibilty, enhances or maintains muscle tone, endurance & reduces stress.

For questions contact Quechan Parks & Recreation @ 760-572-1242.