



FUN AND FRIENDLY

Women's (40+ & 50+) Basketball MISSION VALLEY YMCA

Weekly Ongoing Half-Court Basketball

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9 a.m. - 11 a.m. Rookie Training Mission Valley YMCA</p> <p>11 a.m. - 4 p.m. League Mission Valley YMCA Contact: Brian 619-298-3576</p>	<p>5 p.m. - 7 p.m. Open Play Magdalena Ecke Family YMCA 760-942-9622</p> <p>7 p.m. - 9 p.m. League Palomar Family YMCA 760-745-7460</p>	<p>5:30 p.m. - 7 p.m. Rookie Training Presidio Gym Contact: Fay 858-205-1600</p>	<p>1 p.m. - 2:30 p.m. Open Play Mission Valley YMCA Contact: Brian 619-298-3576</p>	<p>7 p.m. - 9 p.m. League Mission Valley YMCA Contact: Brian 619-298-3576</p>	<p>1 p.m. - 2:30 p.m. Open Play Mission Valley YMCA Contact: Brian 619-298-3576</p>



Skills development & training



Clinics & workshops for all levels of ability



State & National Senior Games affiliation



Certified officials



NSGA rules



Social activities & special events

For more information about the San Diego Senior Women's Basketball Association, visit www.swba.us.com

For more information, contact Brian Boyd
(bboyd@ymca.org, 619-298-3576)



missionvalley.ymca.org