



CITY OF MUSCATINE PRESS RELEASE

CITY OF MUSCATINE PARKS & RECREATION DEPARTMENT

FOR IMMEDIATE RELEASE

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For more information contact:
Kevin Jenison, Communication Manager
Phone: (563) 264-1550
Fax: (563) 264-0750
E-Mail: kjenison@muscatineiowa.gov

HAVE SOME FUN IN THE WEED PARK SAND THIS SUMMER

Competitive yet fun sandpit volleyball league returns to Weed Park this summer

MUSCATINE, Iowa – Back by popular demand this summer is the Muscatine Parks and Recreation Department coed adult sandpit volleyball league. A total of 26 teams competed in two divisions during the 2017 season and expectations are that another large number of teams will compete in 2018.

Sandpit volleyball is great cardiovascular exercise while burning calories and fat in a fun way. The competitive nature of the matches also helps to improve interpersonal and social skills, hand-eye coordination, muscle tone, and overall agility. You will also realize increased energy levels from this fun competition, increased flexibility of feet and hands, and improvement in strength, speed, and balance.

Matches are played Wednesday evenings in the sand of the Weed Park Courts located behind the Lagoon just off of the Colorado Street entrance. The season runs from mid-May through mid-August.



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Select your teammates and stop by the Parks and Recreation office in the lower level of City Hall to register for this fun yet competitive league. Players must be at least 18 years of age to participate. A completed roster and all fees are due at the time of registration.

Registration is now open with a \$100 team fee. There is an additional fee of \$5.00 per non-resident on the team roster. Registration deadline is 5:00 p.m. on Friday, April 20, 2018.

Gather your team and plan to enjoy Wednesday evenings at the Weed Park Sand Volleyball Courts this summer. Please contact the Muscatine Parks and Recreation Department at (563) 263-0241 for more information.