



Foothill Middle School

2024 – 2025 After-School Sports Programming

Registration is open now! Click here to view and register: [Foothill Sports Registration](#)

Email: afterschoolsports@walnutcreekrec.org with any questions or concerns!

Fall FH:

Girls Comp Volleyball | 8/26 - 10/18

Tuesdays & Wednesdays | 3:00pm – 4:15pm

Thursdays | 3:00pm – 5:45pm

Girls IM Volleyball | 9/3 - 10/10

Mondays, Tuesdays, Wednesdays | 4:30pm – 5:45pm

Girls Bball Training | 9/4 - 10/10

Mondays, Wednesdays | 3:00pm – 4:15pm

Functional Fitness | 9/5 - 10/3

Mondays, Thursdays | 3:00pm – 4:15pm

Fall / Winter FH:

Girls Comp Basketball | 10/21 - 12/19

Mondays, Tuesdays, Wednesdays, Thursdays | 3:00pm – 5:45pm

Girls IM Basketball | 10/28 - 12/4

Mondays, Tuesdays, Wednesdays | 3:00pm – 4:15pm

Boys Bball Training | 10/28 - 12/4

Mondays, Tuesdays, Wednesdays | 4:30pm – 5:45pm

Winter FH:

Boys Comp Basketball | 12/9 - 2/28

Mondays, Tuesdays, Wednesdays, Thursdays | 3:00pm – 5:30pm

Boys IM Basketball | 1/6 - 2/19

Mondays, Wednesdays | 3:00pm – 4:15pm

Co-Ed Beach Volleyball | 1/13 - 2/19

Mondays, Wednesdays | 3:30pm – 4:30pm | Northgate Sand Courts

Spring FH:

Co-Ed Golf | 3/11-5/15

Mondays – Thursdays | 3:30pm – 6:00pm

Pickleball | 3/11 - 4/2

Mondays, Tuesdays, Wednesdays | 3:00pm – 4:15pm

Yoga / Pilates | 3/11-4/2

Mondays, Tuesdays, Wednesdays | 4:30pm – 5:30pm

Girls Intramural Volleyball | 4/15 - 5/21

Mondays, Tuesdays, Wednesdays | 3:00pm – 4:00pm

Boys Intramural Volleyball | 4/15 - 5/21

Mondays, Tuesdays, Wednesdays | 4:15pm – 5:15pm

Girls Flag Football | 4/16 - 5/22

Tuesdays, Thursdays | 3:00pm – 4:00pm

Intramural Program:

The intramural programs are available for 6th – 8th graders and are focused on developing fundamental skills with a focus on fun, teamwork and sportsmanship. There are no tryouts, all skill levels are welcome and equal participation is an emphasis. Practices are held at WCI with a potential “friendly” semi-structured away match at Foothill Middle School. Families are responsible for participant transportation.

Competitive Program:

7th and 8th grade are eligible to try out for the competitive programs. Team grade makeup is subject to tryout participation. Advanced skills taught and developed within a challenging competitive practice and game environment. Playing time is not guaranteed. Teams play in the East Bay Middle School League and have home and away games against other East Bay schools. Families are responsible for participant transportation.

Student Eligibility:

Students must be enrolled at Foothill Middle School for at least seven periods. Students must maintain a 2.0 GPA and have no “F” grades. The date from which a student is ineligible is five days following the close of the grading period. An ineligible student shall not be eligible during the next quarter. A student suspended more than one day per quarter shall be ineligible for two weeks. Suspended students are ineligible to play or practice on the day of suspension. By signing your child up for this program, you provide the City of Walnut Creek access to your child’s academic date in order perform this eligibility check.