

Water Volleyball

How much Netflix is too much? If you had to think about this question, it must be time to play water volleyball again! Exercise and recreation are important to seniors, and the benefits to mind and body are well documented. Do you want to get off the couch and fill your evening hours with a fun and fit activity?

The Water Volleyball Club currently has 118 members, and over the last several weeks we have added 8 new members. It is exciting to see our club grow! If you are interested in learning more about our club, please go to www.lhwatervolleyball.com for more information. Click the Join Us! Menu to learn how to get started, and let the adventure begin!

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