

# Sun City Water Volleyball Club

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By Ross Underwood

How much Netflix is too much? If you had to think about this question, it must be time to play water volleyball again!

Following the COVID-19 pandemic restrictions, California is returning to normal and the project to repair the indoor pool at the Kilaga Springs Fitness Center is nearly complete. We expect to resume water volleyball play sometime in late June or early July of 2021. Exercise and recreation are important to seniors, and the benefits to mind and body are well documented. We cannot wait to get off the couch and fill our evening hours with a fun and fit activity!

As we resume play, the Water Volleyball Club plans to pick up where we left off. Players will return to their previous level and ranking. After 15-months of non-play, we expect that all players will be a bit rusty. Currently there are no plans on evaluating skills or level advancement. We just want to have fun and stay fit!

Members of the Water Volleyball Club who are ranked between levels 3-6 play Monday through Thursday evenings starting at 5:20PM. Members ranked as a level 2 player play on Wednesday evening at 5:20pm. All members play on Saturday at 9AM.

The club hosts "Free Saturday" play, open to all Sun City Lincoln Hills Residents. Free play for prospective members occurs every Saturday at 9AM at the Kilaga Springs Indoor Pool. For more details, please contact the club at [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com).

Our club leadership team has four voluntary positions open. If you or someone you know is interested in communications, web page design, welcoming new members, or coordinating social events, we may have a job for you! Please go to our website ([www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)), fill-out the new member or contact page information and submit your interest to our club.

Last, 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](http://www.lhwatervolleyball.com) for more information. Click the Join Us! Menu to learn how to get started, and let the adventure begin!