

Sun City Water Volleyball Club

May 15, 2021

Injuries and surgeries and pandemic oh my! (Say it like the Wizard of Oz.) The Steering Committee recently asked our members the question “when water volleyball play resumes, will you return to play water volleyball”? Nearly 95% of our members will return to play as soon as the indoor lap pool at Kilaga Springs reopens in the evening. The most common reason for not returning to play water volleyball is due to moving away from our community.

In addition to the survey question above, the Water Volleyball Club also checked on the health and wellbeing of our members. We learned that a few of our members had surgery or were rehabbing an injury. Good mobility, hand-eye coordination, and skilled touch on the ball are important in competitive water volleyball. Those members who are rehabbing an injury will likely play recreational water volleyball for an appropriate amount of time. Recreational water volleyball is less demanding, but still tons of fun in the water!

Speaking of the water, our Water Volleyball Club members are grateful that the Lincoln Hills Sun City Association indoor pools and spas have been receiving significant refinishing and maintenance care. The indoor lap pool at the Kilaga Springs Fitness Center is a few weeks away from completion. Spot shortages in the supply chain are a familiar situation in the world today, and pool equipment is no different. A new pool drain for the indoor lap pool is just one example of a commodity in short supply with a long lead time to deliver. We hear that the new drain for our pool will arrive sometime in mid-June 2021.

On another note, 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), fill-out the new member or contact page information and submit your interest to our club.

Last, as COVID-19 numbers trend downward we continue to attract the attention of new members. Exercise and recreation are important to seniors, and the benefits to mind and body are well documented. Over the last several weeks as we have added one new member per week, and we have had discussions with many additional potential members. It is exciting to see our club grow, and it will be even more rewarding when the pools reopen for the Water Volleyball Club!