

Adult Sports



Recreational programs offered by the Park and Recreation Department for adults include basketball, golf, swimming, softball and volleyball. The School District augments the City's indoor facilities, for basketball and volleyball programs.

- [Aquatic Programs](#) - Water Exercise, Aqua Fit, Aqua Challenge, Aquatic Solutions, Adult Open Fitness, Lap Swimming, Aqua Zumba
- [Basketball](#) -- Fall League - At the Community Recreation Center
- [Basketball](#) -- Winter League
- [Noon Basketball](#) - At the Community Recreation Center
- [Golf](#)
- Volleyball
- Softball

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