

Adult Chair Volleyball

Ages 55 and up

A program designed for recreational (chair) volleyball play will be held for adults. Chair volleyball is intended to reduce stress and boost self-esteem and confidence in individuals who are not able to play standard volleyball. All participants must pre-register prior to attending. Registration can be done online, mail-in or in the office. This is a non-competitive, social program. All supplies including nets, chairs and balls will be provided. Participants should wear comfortable clothing, sneakers and bring a water bottle. **Limit: 20.**

Dates: Thursdays, October 6 - February 2, 2023

No program on 11/24 and 12/29

Time: 1:00 - 3:00 PM

Location: Enfield Annex, 124 North Maple Street

Fee: \$32.00 Residents / \$40.00 Non-Residents



- Online Registration Begins -

Residents: Friday, September 16, at 8:30 AM

Non-Residents: Friday, September 23, at 8:30 AM

Enfield Recreation | 124 North Maple Street
860.253.6420 | www.enfield-ct.gov/recreation

