

## Adult Sports / Healthy Living Opportunities



### Fall Adult Sport League Registrations are Available!

The City of Holland offers the following Adult Sports and Healthy Living Opportunities:

- [Softball Leagues](#)
- [Basketball Leagues](#)
- [Flag Football Leagues](#)
- [Adult Soccer Leagues](#)
- [Winter Volleyball Leagues](#)
- [Sand Volleyball Leagues](#)
- [Adult Tennis](#)
- [Adult Golf](#)
- [Healthy Living Opportunities](#)
- [Yoga / Cardio](#)
- [Walking Opportunities](#)
- [Open Pickleball / Table Tennis / Volleyball](#)

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<http://www.cityofholland.com/recreation/adult-sports-healthy-living-opportunities>