

## Senior Sports, Golf, Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Classes for 50 years and older

Family

No

Intake Process

Please call for more information

Self Refer

Yes

Henrico County Recreation and Parks

<https://henrico.us/rec//>

<https://henrico.us/rec/parks/>

Main

(804) 501-7275

6800 Staples Mill Road

23228 VA

United States

Languages Spoken

English

Henrico County offers a variety of recreational and fitness programs and classes as Recreation Centers throughout the County.

Senior Sports - Senior volleyball is competitive, fun and a great way to meet new friends. Call 804-290-0305 for more information. Senior Pickleball is a fun blend of tennis, badminton and ping pong. Call for locations.

Senior Multi-Sport - For ages 50+. Join us for open gym on Friday mornings. Participate in basketball, volleyball, table tennis, pickleball and more! All participants

will be required to sign a liability waiver provided on site. Henrico Residents only. Senior Open Gym will not be held on County holidays or when other programs are scheduled. Information: 225-2056

Belmont Golf Course, located in Henrico County, Virginia, features an 18-hole PGA Championship golf course. The pro shop is open daily and offers the latest equipment and apparel at discount prices. Private golf lessons are available by appointment and gift certificates may be purchased for greens fees, golf lessons, and merchandise. Group and corporate outings are also available.

Also enjoy golf, tennis, volleyball, bowling and croquet. Tournaments held for golf and softball. For more information on these programs and other activities, please call Jennifer Snead at 805-501-5114 or Aaron Reidmiller at 501-5137.

Service Area(s)

Henrico County

Email

[recandparks@henrico.us](mailto:recandparks@henrico.us)