



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET YOUR GAME ON

▶ ADULTS SPORTS LEAGUES

Whether you miss “suing up” or are new to team sports, the Y’s sports leagues provide a perfect opportunity to be active, social and reconnect or start fresh with a sport you love. Basketball, soccer, hockey, tennis, volleyball and golf are just some of the options available to get you back on the court or on the field.



BETHANY YMCA

Adult Basketball/18 and Above/Fall, Spring

EARLYWINE PARK YMCA

Adult Tri/18 and above

Adult Basketball/18 and above

MIDWEST CITY YMCA

Adult Volleyball/18 and Above/Fall, Summer

NORTH SIDE YMCA

Do not offer.

ROCKWELL PLAZA YMCA

Adult Basketball/18 and Above/Fall, Spring

CHICKASHA AREA YMCA

Adult Co-Ed Softball/18 and Above/Summer

Adult Co-Ed Basketball/18 and Above/Fall

Adult Sand Volleyball/18 and Above/Summer

GUTHRIE YMCA

Do not offer

MITCH PARK CITY YMCA

Adult Volleyball /18 and above/Fall, Spring, Summer

RANKIN YMCA

Adult Volleyball /18 and above/Fall, Spring, Summer

Contact your

Local Y for more details.

YMCAOKC.ORG/LOCATIONS