



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET YOUR GAME ON ! Drop In Pickleball

MONDAYS | 7:00—9:00 PM

**Start Date:** January 4, 2021

**Location:** The Dome, A YMCA Activity Center

**Format:** Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or Composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players, get a team together & start playing.

**Days/Times:** Monday's 7 - 9 pm

<b>Fees:</b>	Dome Members	FREE
	YMCA Members	\$2.50
	Program Participants	\$5

**Contact:** Stacy Castoe,  
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## Five Hidden Health Benefits of Pickleball

- ◇ Lower risk of Heart Disease
- ◇ Cut your risk of Depression
- ◇ Get Hooked on Exercise
- ◇ Socialize More, Less Lonely
- ◇ Stay Independent Longer



## ***JOIN TODAY!***

*Upgrade to a membership today as a participant at  
NO CHARGE! Save over \$100!*

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Get details at signup.*