



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET YOUR GAME ON!

## Fall Pickleball League

**Deadline:** September 12, 2023  
*Schedules will be ready September 15 at 5 p.m.*

**League Starts:** September 19

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

**Format:** **BEAT THE RAIN, WIND, AND PLAY PICKLEBALL INSIDE!** Participants guaranteed to play six (6) league games with a post-season tournament. Games will be played on Tuesday evenings from 7 - 9 pm. We will play a high school, doubles (Coed, Men's & Women's), and singles (Beginner, Intermediate, & Advanced). ***Sign up today!***

**Prizes:** Champions **FREE** pickleball paddle  
(up to \$70 value)  
Second place **FREE** entry into the next league

**Fees:**

Dome Members	\$10
YMCA Members	\$20
Non-Members	\$30

**Questions:** Stacy Castoe, Dome & Operations Director  
(P)620.275.1199 ext. 101  
(E)scastoe@ymcaswkansas.org



### What is Pickleball?

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.

### 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

#### Fall Pickleball Registration Form

**Choose Division:**      Beginner    Intermediate    Advanced    High School  
                                 Men's      Women's    COED    Men's Doubles    Women's Doubles

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

D.O.B.: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

Doubles Partner: \_\_\_\_\_ E-MAIL: \_\_\_\_\_