



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 2, 2023

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.

Fees:

Dome Members	FREE
YMCA Members	\$2.50
Program Participants	\$5

Contact: Stacy Castoe,
Dome & Operations Director
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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!

Already a member? Recruit a friend & pay much less.