



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET YOUR GAME ON! Spring Pickleball League

March 28

Deadline: March 21, 2023
Schedules will be ready March 24 at 5 p.m.

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!

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

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. Get details at signup.

Spring 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: _____