



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PICKLEBALL

Pickleball is a combination of tennis, badminton, ping pong, and racquetball. It is one of the fastest growing sports in America. **It's a low-impact game that's easy to learn, great exercise, a great way to meet new people, and A LOT of fun!**

Sessions are held at the Sawmill Branch at the following times*:

Day	Level	Time	Courts
Monday	Open Play	9:00 - 11:00 a.m.	3 Courts
	Advanced Play	1:00 - 3:00 p.m.	3 Courts
Tuesday	Beginner Lessons & Drills	9:00 - 11:00 a.m.	3 Courts
Wednesday	Open Play	9:00 - 11:00 a.m.	3 Courts
	Open Play - Beginner/Advanced Beginner	11:00 a.m. - 1:00 p.m.	3 Courts
	Open Play	1:00 - 3:00 p.m.	3 Courts
Thursday	Advanced Play	9:00 - 11:00 a.m.	3 Courts
Friday	Open Play	9:00 - 11:00 a.m.	3 Courts
	Open Play - Beginner/Advanced Beginner	11:00 a.m. - 1:00 p.m.	3 Courts
	Open Play	1:00 - 3:00 p.m.	3 Courts

Definitions:

- **Open Play:** Open to anyone. Everyone mixes and all styles of play welcome.
- **Instruction/Drills:** For the Beginner(s) to learn the game; practice playing, scoring, moving on court, etc.
- **Advanced Play:** Competitive style of play, usually by strong players who slam the ball to the opponent's court or smash the ball with a lot of force. Players need quick reaction time and solid movement/footing so as not to get hit by balls or to be more liable to trip and fall. People who play on Thursdays will expect all players to play aggressively. This includes being able to initiate and react to the strategic dink game.

There is a \$5.00 drop-in fee per session. A Hamilton Area YMCA membership is not required.

**Subject to change. See website for most updated times.*

To sign up for cancellation notifications, text "HAYPickleball" to 84483.

Contact Logan Perez at lperez@hamiltonymca.org for information on group lessons.



Hamilton Area YMCA - Sawmill Branch
185 Sawmill Road
609.581.9622 • hamiltonymca.org



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