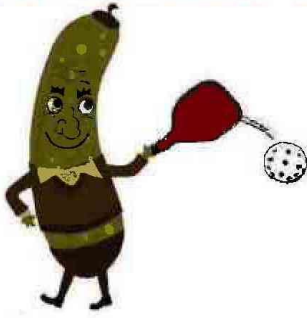


# PICKLEBALL



# Pickleball Is coming!

**Monday, February 6**

## **WHAT IS PICKLEBALL?**

Pickleball is a sport that looks like a combination of tennis and ping-pong. It is played on a court about one-half the size of a tennis court with a net a bit lower than a tennis net. Hard-faced paddles and a plastic ball resembling a Wiffle ball are used. Pickleball is the fastest growing sport among older adults.

George Mynatt, nephew of members Ben and Georgia Davis, will explain the game and offer hands on introduction at the First Baptist Church, Christian Life Center on **Monday, February 6th**. With the court being smaller, many people that gave up on tennis due to knees and legs not being able to keep up with the game have found that Pickleball affords them the opportunity to play a court game with less running. Pickleball is a great way to keep moving and be in a social setting.

For our introduction to the sport, George will provide all of the equipment necessary to play. The introductory classes will last an hour. They will consist of George teaching and you playing the game. Please come prepared to play with active sport attire and tennis shoes. The sessions will be at 9:30 a.m. and one at 11:00 a.m. Please let me know if you are interested in an early afternoon session.

**Sign up now by calling Marlene at the CLC.**

**601-949-1945**