



PICKLE BALL

Pickle Ball is a great way to have fun and to stay active. No skills or equipment required. Don't know how to play- that's ok- its easy and you will be shown how.

Where: *Prince of Wales Cultural & Recreation Centre*
Main Auditorium



Starting January 9th, 2017

Mondays 6:30-8:00 pm

Wednesdays 10-11:30 am

Cost: \$5.00/time drop in fee

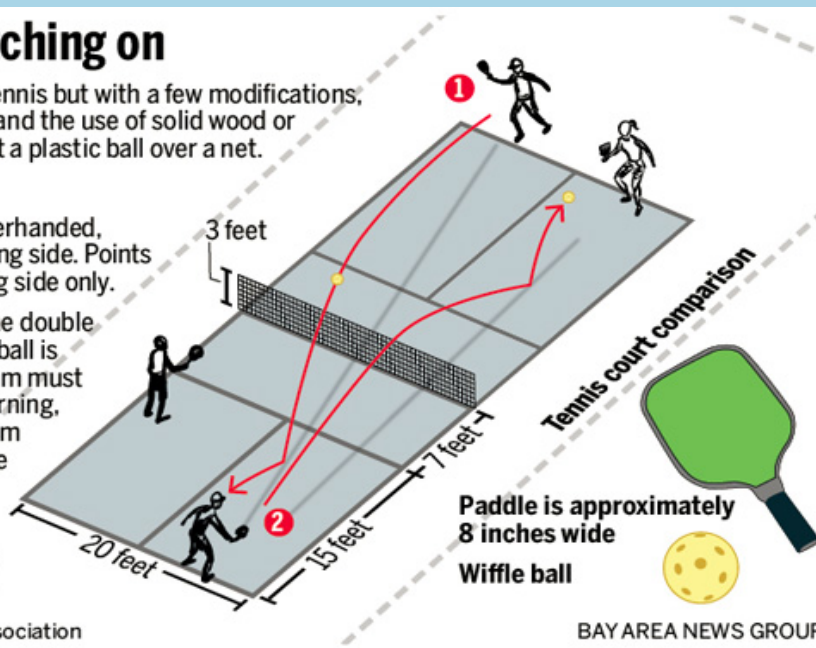
Pickleball catching on

Pickleball is much like tennis but with a few modifications, such as a smaller court and the use of solid wood or composite paddles to hit a plastic ball over a net.

How to play:

1. The ball is served underhanded, diagonally to the opposing side. Points are scored by the serving side only.
2. Players must follow the double bounce rule — after the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning.
3. The first side scoring 11 points and leading by at least two points wins.

Source: USA Pickleball Association



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Casual and loose clothing with indoor running shoes is all you need! If you have your own paddle and ball, please feel free to bring it with you. However, paddles and balls will be provided.

The drop-in fee of \$5.00 can be paid to the staff person in the gymnasium. Exact change would be greatly appreciated.