LEARN TO PLAY PICKLEBALL

Beginner Class consists of four, 1 hour sessions. Cost is \$60 Per person. With paddle & ball \$85

LESSONS TEACH YOU

- Pickleball Rules
- Strategy
- Proper Strokes
- Stretching Techniques
- Playing with a Partner

BENEFITS of PICKLEBALL

- Full Body Workout
- Social Interaction
- Mental Agility
- Stress Release
- Low-Impact Exercise
- A New Way to Have Fun

