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| **Pickleball Hamilton’s May Newsletter****Welcome all members to Pickleball Hamilton 2021 on the NEW COURTS! This is intentionally a very short and direct Newsletter to respond to Premier Ford’s announcement at 3pm on May 20th 2021, which allows our courts to open Saturday May 22, 2021.  I also want to highlight our initiatives related to ParticipACTION for the month of June and communicate changes to planned events.****We have an exciting season with sessions planned for every level.  Start planning for your play/sessions as early as this Saturday, May 22.  Programming will begin that day. Please indicate in the comment section on Sign Up Genius if you will be playing in a specific session and not open play.  Make sure there are others playing in the same session as you and you have a monitor for your session, or you will not have access to the courts.  If there isn’t a monitor signed up, reach out on What’sApp, or volunteer to be one by contacting Matthew Kawamoto**m.kawamoto@live.ca**or Jessica Kawamoto  jkawamoto@pickleballhamilton.com.** |

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| ParticipACTION is a government funded program encouraging all Canadians to get active. Pickleball Hamilton members are encouraged to take part in the ParticipACTION Community Challenge for the month of June. Matthew Kawamoto, our club pro, and I have made up an easy pickleball daily workout to get you ready for the summer season.  Check out  the video jhere <https://www.youtube.com/watch?v=v6lldPLifK0> and open the attachment for the printed workout <https://mcusercontent.com/a3a354ffac2371f84475f9b66/files/fb794d96-6cb7-471d-5872-09f2400885b9/PHA_Exercise_workout_final.pdf>Would you please document how many hours you spend being active at Pickleball Hamilton courts separately from other activities in June and report those other activities hours on a short survey by June 30?  ParticipACTION wants to include everybody!   Here is the link  <https://docs.google.com/forms/d/e/1FAIpQLSe9F-GEjKQMn2mzcSLKeZTxZGvD6An9dr9km5h8k6ltDSlpew/viewform?usp=sf_link>We are planning a ParticipACTION event. More to follow - keep reading your emails.Let’s see how well Pickleball Hamilton members do!  |

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| **UPDATES** June 1 to 30 – ParticipACTION Community Challenge, get active!June 5 – National Health and Fitness Day - cancelledJune 8 – ParticipACTION event - Date to be determinedJune 26 – Club tournament - cancelledJuly 1 – Canada Day event - more information to follow See you on the courts soon!  Programming will begin onStay smart, stay safe and stay active.See you on the courts soon!  Programming will begin on May 22Stay smart, stay safe and stay active.  Linda KawamotoPresident, Pickleball Hamilton  |

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| ***Pickleball Hamilton is dedicated to introducing, teaching and growing the game within the Greater Hamilton Community.    We are passionate about --and committed to--providing inclusive, varied and accessible programming in a well-maintained and safe environment.***  |

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