

PICKLEBALL

Find Out What All the Racket Is About...



We're happy to welcome you to the fastest growing sport for adults in the country. Pickleball is a combination of tennis and ping pong played by four people on a small court with paddles and a plastic wiffle ball. It's great exercise, easy to learn and lots of fun.

Come see what the excitement is all about!

The Benefits of Pickleball

- Pickleball has become a hit in 55+ communities, mainly because it still promotes activity while remaining relatively low-impact. This allows for less stress to be put on muscles and joints, which strain as we age.
- For people who suffer from Arthritis, the size and shape of the Pickleball racquet helps to ease the pain in their hands, wrists, and elbows.
- Builds hand-eye coordination and stamina, provides a great cardiovascular workout and encourages quick reflexes.
- The smaller court allows for less running than tennis, which reduces the risk of injury.
- Helps to improve your balance and agility.



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