



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN CARDIO AND SOCIAL

SANTA MONICA FAMILY YMCA
NEW Adult Sports Program

Pickleball

The fastest growing and
easy to learn racquet sport



Outdoor Clinic for Beginners Upcoming Sessions:
Friday March 10, Friday April 11 & April 28

9:30-11:00am on the 3rd floor Rooftop

SM YMCA members only, 8 people maximum for each session. Registration in advanced is required.

Instructor: **Alicia Cortrite**, Y member, has been playing Pickleball for over three years and teaches middle school kids and adults at Memorial Park.

This is a hybrid of tennis, ping-pong and badminton that's played on a ¼ of a tennis court. The type ball used for this game is lighter than a tennis ball, and the paddle is shorter, lighter and slightly bigger than one used for ping-pong. Pickleball doesn't require as much running back and forth as tennis does, can be played indoors or out, and players say it is an easy sport to learn, so much fun, and good for you.

We suggest players wear outdoor tennis or pickleball shoes; they offer stability for lateral movements and are designed to accommodate quick starts and stops. **No street shoes or open toes shoes allowed.**

For more information contact Lidia Magarian, Chronic Disease Prevention Director at 310/393-2721 Ext 129 or email: lidiam@ymcasm.org

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