

adults

at the
Sabes JCC



play pickleball

stop by and try it out!

DATES & TIMES: Tuesdays & Thursdays 10 AM - 12 PM,
Thursdays 5:30 PM - 7:30 PM

LOCATION: Sabes JCC Gym

COST: FREE for members; 2\$ for non members

Pickleball is for people of all ages and athletic abilities, described as a combination of ping-pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. It's also a great way to spend time with friends and family. Pickleball uses a plastic ball and a paddle and is played on a court roughly half the size of a tennis court.

This is not a league...come when you can, with no advanced registration. Equipment is provided for you to try the game. Volunteers will teach you the rules and how to play Pickleball! Gym shoes are required. BRING A FRIEND!

No Registration Required. Come when you can or stay for the full two hours.

Questions? Contact the fitness desk at 952.381.3407

sabesjcc.org



sabes jcc
minneapolis