



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE FUN STAY ACTIVE PLAY PICKLEBALL



FREE PICKLEBALL AT THE DAILY FAMILY YMCA

About the Game:

Pickleball is played on a badminton court using a perforated plastic ball. The game is easy for beginners to learn but can develop into a quick, fast-paced game for experienced players.

The Court:

A pickleball court is the same size as a doubles badminton court and measures 20x44 feet. In pickleball, the same court is used for both singles and doubles play. The net height is 36 inches at the sidelines and 34 inches in the middle.

The Equipment:

When playing pickleball, each player uses a pickleball paddle, which is smaller than a tennis racquet but larger than a ping-pong paddle. The pickleball itself is unique, with holes through it like a wiffleball and travels at 1/3 the speed of a tennis ball.

* All equipment is provided and beginners are welcome! Sessions will be an open come-and-go opportunity to improve agility and hand-eye coordination.

WHEN: Tuesdays 1:30-3:00pm; Thursdays 9:30-11:00am, beginning Tuesday, August 14

WHERE: Daily Family YMCA Mabee Gym

7910 E. 134th St.

Bixby, OK 74008

COST: Pickleball is offered at no charge to members and non-members alike

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