



Southborough Recreation  
Building A Healthy Community

# Pickle Ball for Seniors

## Cost: FREE

One of the fastest growing exercise social outlets for the active 65 and over. A sport that combines elements of badminton, tennis, and table tennis. Pickle Ball is a paddle sport for all athletic ability levels. You will learn rule scoring, court positioning, basic strategies. This program is recommended for non-racquet players new to the game and people who have played racquet sports in the past but want to learn the game of Pickle Ball.

**FREE for Southborough Residents Age 65 and over.**

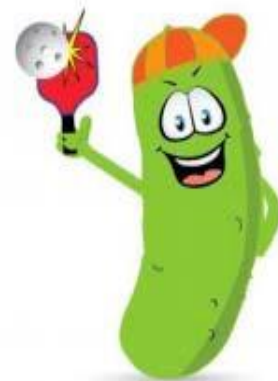
Age: 65 and over

Location: Neary Richardson Tennis Courts

Day: Monday, June 19 to Thursday, June 22 (no makeups)

Time: 4pm to 5pm

Instructor: Pat Richardson



**Online registration: [http:// Southborough.recdesk.com](http://Southborough.recdesk.com)**

**Please register soon, limited spots available.**

**Please call Southborough Recreation at 508-229-4452 for additional information**

