



Southborough Recreation  
Building A Healthy Community

# Pickle Ball for Seniors

Cost: **FREE**

One of the fastest growing exercise social outlet for the 60 and over. A sport that combines elements of badminton, tennis, and table tennis. Pickle Ball is a paddle sport for all athletics 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 request sports in the past but want to learn the game of Pickle Ball. FREE for Southborough residents age 55 and over. Limited paddles available. **Players bring your own paddles.**

Age: 55 and over

Location: Neary Richardson Tennis Courts

Day: Tuesday

Time: Beginner 10 to 11am

Advanced 11am to 12noon

Dates: June 26, July 3, 10, 17, 24, 31

(weather permitted)

Coordinator: Pat Richardson



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

Please register to get a spot to play.

Drop in is available but registration takes priority.

