



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GRAB A PADDLE JOIN THE FUN PICK UP PICKLEBALL

HEALTHY LIVING Pickleball INDIANOLA YMCA

Pickleball is a sport that combines elements of tennis, badminton, and ping-pong. It is played with a paddle and plastic ball. The rules are simple enough that the game is easy for beginners to learn, but can develop into a fast-paced competition for experienced players.

Who can play?

Pickleball is a game for **everyone** and one of the fastest growing sports in America. It is a great game for seniors, for families, and for anyone looking for a new challenge.

This is a FREE program for Y members.

When and where can I play?

We offer Pickleball times in our gym 5 days a week. For the most up to date schedule, please refer to our current Gym Schedule, which can be found online, or posted on the Gym door. During school breaks and no school days, the schedule may be modified to accommodate increased youth traffic in the gym.

If you would like to be added to our Pickleball Email list, please email Cassandra.Holmes@dmyymca.org

