

## Try Something New by Terry Holmquist

Do you drive or walk by our new Pickleball courts and gaze wistfully wondering if is something that you'd like to try?

If you are like me who doesn't like to exercise, come and play some pickleball, you'll get the endorphins going and improve your fitness level while enjoying yourself. It is relatively low impact on knees and joints and helps with hand-eye coordination.

You don't have to be a member to explore this opportunity, although you need an introductory session from Mike Walias. Simply contact Mike Walias at [mjw0275@yahoo.com](mailto:mjw0275@yahoo.com) and arrange for an introductory lesson. No initial investment needed as rackets and balls are supplied for the lesson. Mike will teach you the basic concepts of the game including important safety pointers. Once you've explored your interest in the game you can join the club and partake in pickleball activities such as group play.

After your lesson(s) you are considered a novice player and can join the novice group play where you will receive encouragement, pointers and meet new friends to play with. Our first novice group was such success that we now have two groups: Sundays at 10:30 and Thursdays at 4:30 with three courts for both sessions.

Our First Novice Group



Once you “graduate” from novice you can move on to our newly created “advanced novice” group. But wait there is more, we now have an intermediate players group. No matter your level, you'll always find someone that wants to play and we guarantee many laughs.