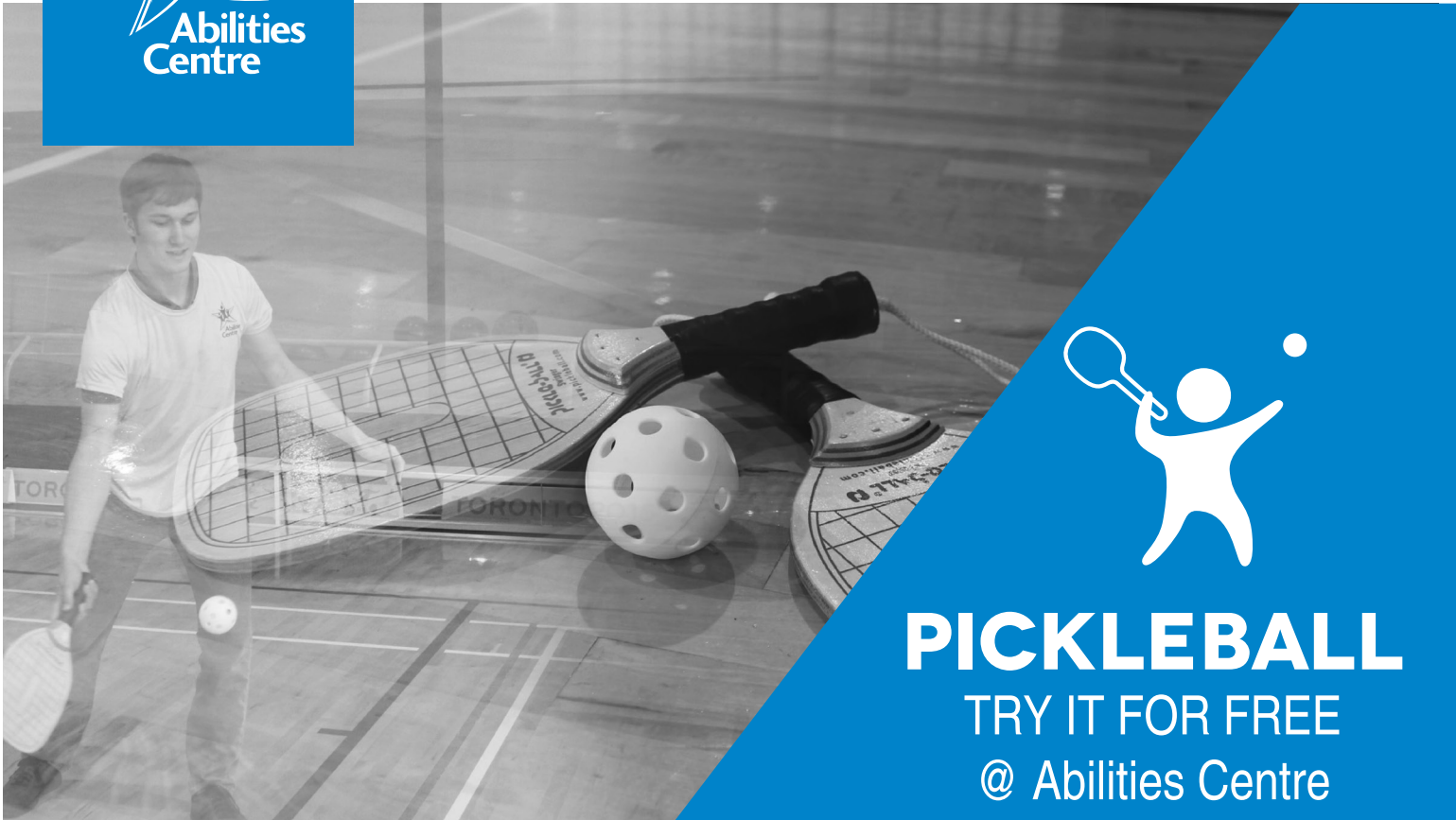




www.abilitiescentre.org



PICKLEBALL

TRY IT FOR FREE

@ Abilities Centre

SEPTEMBER 11, 13, & 15
1:30 TO 3:30PM

@ The Abilities Centre

PICKLEBALL IS...

- Easy to play !
- Very social !
- Great exercise !
- The fastest growing North American sport
- Easier than other racquet sports on muscles, tendons and joints !

Pickleball is one of the fastest growing sports and so much fun! This court sport is halfway between pingpong and tennis. It is an easy to learn game that can be played as singles or doubles. With a lower net and special paddles it is adaptable and accessible for all needs!

LET'S PLAY!

**FREE FOR MEMBERS
AND NON-MEMBERS**

For more information drop-in or contact the Abilities Centre at (905) 665-8500 or email

Sheree Nicholson

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Manager, Membership Sales & Marketing

(905) 665-8500 ext. 108

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You Belong Here