



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S PLAY PICKLEBALL AT FRENCH CREEK YMCA

2010 Recreation Lane, Avon
MONDAYS, WEDNESDAYS & FRIDAYS
8:30 – 11:30AM in the Gymnasium
till June 8, 2018

What is Pickleball?

Pickleball is a fun paddle sport. It is a cross between ping pong and tennis. It adapts easily to an individual's fitness level. Did you used to love tennis, can't do the running anymore, Pickleball is for you. Not only is it fun to play.....it can improve muscular strength, endurance as well as cardiovascular activity. Come join us – We will teach you how to play

**Please Contact Bill Ramsey
at 440-371-2186 with
additional questions**



FRENCH CREEK FAMILY YMCA
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