



Image source: The Bedford Citizen

Come on out and try the fastest growing senior sport in Canada.

- No previous pickle ball experience required for these "try it out" sessions.
- Players with any level of experience are welcome.



Hosted by
Pat Nearing
Avid pickle ball player
ADRP Board Member
Former Associate Director,
Varsity Athletics at Dalhousie

Note: Proper footwear for **indoor** court is required (clean, indoor sneakers).

- Balls and rackets will be provided if required.
- Open to all ADRP Members (Dalplex members and non-members).
- Registration deadline is September 18 for **September 20 at 9:00 am**; September 22 for **September 26 at 4:00 pm**
- Numbers are limited due to court availability.
- No cost.



The session will focus on:

- Playing rules and getting started
- Fun games
- Racket technique
- Positioning
- Game play

Photo: Happy and hot ADRP members and partners after June's pickle ball fun.

When: Wednesday, September 20, 9:00 am – 10:30

Tuesday, September 26, 4:00 pm – 5:30

Where: Dalplex, 6260 South Street. Once you register, your name will be at the check-in desk for free admission.

To Register: Email Patrick.Nearing@dal.ca

Deadline: Registration deadline is September 18 for September 20 and September 22 for September 26. Court space is limited.

Sept 5, 2023
sdh