

Harpswell Recreation & Community Services Presents:

**AGE 18+**

# NEVER PLAYED BEFORE PICKLEBALL

Trying something new can be intimidating or scary, especially as an adult! We designed this program for adults that have never played pickleball before. Join us to learn the basics of the game and practice skills over six sessions. This will be a welcoming atmosphere where camaraderie and learning go hand in hand!

Pickleball is relatively low impact sport and in addition to helping you become or stay active, it can help with hand-eye coordination and balance. There's guaranteed to be some laughs along the way, too!

## **STARTS SEPTEMBER 18**

Runs for 6 sessions

## **WEDNESDAYS**

6:00 - 7:30 pm

## **PROGRAM COST**

\$50 per player

## **EQUIPMENT**

We supply equipment

**PROGRAM IS HELD AT HARPSWELL  
COMMUNITY SCHOOL GYM**

For more details, schedule and to register for  
the program visit:  
[harpswellrecreation.com](http://harpswellrecreation.com)

If you have questions please call or email the office:  
207-833-5771 X 108 or [gcaldwell@town.harpswell.me.us](mailto:gcaldwell@town.harpswell.me.us)



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