

PICKLEBALL

Clinics

CMAA Therapeutic Recreation Complex
2728 Lake Worth Rd.
Lake Worth, FL 33461
(561) 966-7088

SCAN HERE TO
REGISTER ONLINE



3-SESSION PICKLEBALL CLINIC

TUESDAYS

DATES: MARCH 4 - MARCH 18, 2025

TIMES: 10:00 A.M. - 12:00 P.M.

LOCATION: GYMNASIUM

DATES: MARCH 4 - MARCH 18, 2025

TIMES: 6:15 P.M. - 8:15 P.M.

FEE: \$80

Overall, participants in the pickleball program can expect to experience the following benefits:

- **Physical Health:** Regular participation in pickleball encourages cardiovascular health improvements, strength enhancement, flexibility, and coordination.
- **Social Interaction:** The team-oriented nature of pickleball promotes social skills, teamwork, and cooperation, providing opportunities for friendship and community building.
- **Skill Development:** Participants will learn new pickleball techniques and strategies, leading to improved overall competence and confidence in the sport.
- **Discipline and Goal Setting:** Engaging in this sport teaches participants discipline, time management, and how to set and achieve personal and team goals.
- **Community Engagement:** Local pickleball programs strengthen community ties, fostering a sense of belonging and shared purpose.

For questions, please call or email

Sarah Krop:

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