

PICKLEBALL

NEW DATES & TIMES STARTING AUGUST 1:

Thursdays 4:00 - 8:00pm & Saturdays 9:00am - 1:00pm

2-HOUR COURT RENTAL FEE:

Member: Free

Non-Member: \$5 per person per session

(All non-members must be with a member in order to reserve a court)

Merritt Clubs - Canton is welcoming pickleball! Pickleball is played with a paddle and perforated polymer ball (similar to a wiffle ball); it combines elements of badminton, tennis, and table tennis. It is different from other sports because of the unique rules and has become popular because people of all ages can play this sport!

Court reservation will be done using our MotionVibe platform (on the Merritt Clubs app.) Guest must register and pay at the welcome desk before proceeding to the court. Our outside bar will be open during court times.

For more information, contact Dea Lyons at dlyons@merrittclubs.com or 410.563.0225 ext 1533.



FUN FACTS ABOUT PICKLEBALL

Having a form of exercise you find enjoyable is key to staying motivated to make it a regular part of your schedule. Pickleball can be the sport for you! **Players can get a lot of benefits from this game, such as:**

- Improved weight management
- Improved mental health
- Cardiovascular benefits
- Improved symptoms of Osteoporosis by strengthening your bones
- Improved flexibility
- Diabetes management
- Improved health of your feet and legs
- Improved symptoms of Dementia and Alzheimer's Disease
- Increased muscle strength
- Improved overall health

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