



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE

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South Suburban's Lone Tree Recreation Center Seeks Community Interest in Pickleball

Some believe, "If you build it, they will come." Staff at South Suburban's Lone Tree Recreation Center wants to determine interest before they *program* it. The topic is Pickleball, and it's currently the country's fastest growing sport. And it could be coming soon to the Lone Tree Recreation Center if there's enough interest.

Lone Tree Recreation Center will host an informational meeting about Pickleball on Wed., May 29 at 6 pm. The recreation center seeks the community's interest in adding this sport to its drop-in fitness schedule. A hands-on demonstration in the gym will follow the meeting. All are invited to attend, and learn more about the game.

Pickleball is similar to tennis and ping pong, and is a bit like badminton. It's played on a surface smaller than a tennis court with a Wiffle ball and paddle. Pickleball is suitable for all ages and abilities; and Baby Boomers especially are drawn to the sport, as it's less physically taxing than tennis and is easier on the joints. Singles or doubles can play.

Pickleball is available at South Suburban's Sheridan Recreation Center, and it has developed quite a following since its debut last Nov. South Suburban's Lone Tree Recreation Center is located at 10249 Ridgeway circle, Lone Tree. For more information call 303-708-3500. For more South Suburban classes, activities and summer camps, visit www.sspr.org.

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