



VERMONT
SPORT & FITNESS CLUB

**Spring/
Summer**

2018

pickleball leagues

Spring/Summer Session

May 2 – August 31 (18 weeks)

Register by April 25

Level 1 & 2

Wednesdays 12:00–1:30 p.m.

Fridays 12:00–1:30 p.m.

Level 3+

Wednesdays 1:30–3:00 p.m.

Fridays 1:30–3:00 p.m.

Pickleball Membership

Play up to three times per week, including leagues and open play. **\$39/month** covers pickleball. For an additional \$39/month get full use of the fitness facilities.

Current VS&F members can add a **Pickleball Pass** for **\$19/month**.

Call to learn about lessons, clinics, and drop-ins.

About Pickleball

A fun paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Combines many elements of tennis, badminton and ping-pong. Played on a badminton-sized court and a slightly modified tennis net, with a paddle and a plastic ball with holes. Doubles or singles. Burn 500+ calories per hour!

