



## Lessons and skill

Connect with one of our volunteer coaches to learn or improve your game.

As a player and member of Chilliwack Pickleball Club you can play the game at a recreational level; advance your skill level with practice and coaching; or challenge yourself by participating in our club round robins and tournament play. It's all up to you! Our club will assist you in obtaining your pickleball goals.



## Loads of action and fun!

Pickleball is a very social sport, in a physically active environment. Be prepared for making new friends while getting lots of exercise!

For schedule times go to the website:

[www.chillpb.com](http://www.chillpb.com)



# Chilliwack Pickleball Club



Landing Sports  
Center  
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Chilliwack, BC



For all information see the web site:

[www.chillpb.com](http://www.chillpb.com)



## Chilliwack Pickleball Club

Pickleball is a fun sport for all ages. It combines many elements of tennis, badminton and ping-pong. Pickleball can be played both indoors and outdoors, on a badminton sized court, with a net slightly lower than a tennis net. Equipment used to play the game is a paddle much like those used in ping-pong and a plastic wiffle ball. Try to imagine all of that coming together! That's how it was started in 1965 in Bainbridge, Washington. Now the sport of Pickleball is extremely popular in the US, Canada and is growing internationally. Many national tournaments are offering cash awards for those players chasing the elusive gold medals.

The game is played at all levels from beginners through to competitive, with rated skill levels for those yearning to improve their game. The intensity of pickleball is slower than other racket sports such as squash, and there is not as much

travelling as you find on a tennis court. This makes it a great game for active seniors, as well as younger generations that are becoming more involved in the game.

The most challenging part of the sport when you first begin is the "scorekeeping"! It also takes motor skills, and coordination to connect with the ball and soon the game is yours to enjoy. As one improves, the challenge then becomes placing the ball accurately and using various strategies to make your opponents hit the ball out of play. Don't let the camaraderie of all of these friendly pickleball players fool you! Most of them have at least a bit of a competitive edge. However, it is a great venue for social interaction and forming many new friendships. As with most physical activities, one should always consult with their physician if you have any chronic health conditions before engaging in a new sport.

## Q&A

*How do I get involved in Pickleball?*

Chilliwack Pickleball Club provides lessons for beginners. Identify yourself at the front desk and we will introduce you to the game.

*If I enjoy the game, where do I buy a paddle?*

We loan paddles to beginners. If you decide to continue playing, we have paddles for sale every Wednesday at the Landing.

*How can I improve my game?*

You can learn different techniques and strategies from other players, internet videos, lessons provided to members and just lots of practice.

*Do I have to become a member of Chilliwack Pickleball Club?*

Due to commitments for venue rental and liability insurance, we require players to become a member after their third time playing. Membership is renewed every September. Chilliwack Pickleball club is a non-profit society operated by volunteers.