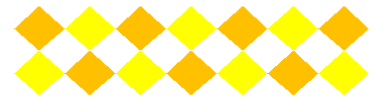


WELLNESS & FITNESS



PICKLEBALL ROCKS™

Let's Play

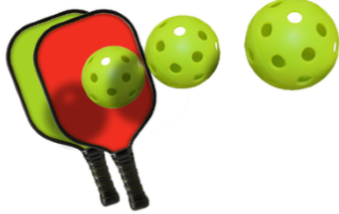
Fall Outdoor Pickle Ball Club (Monday Evenings)

This fall we are moving to a club format for our Outdoor Pickle Ball Program. Spread the word and just show up each week to play. If you are new to pickle ball, club members will be happy to get you started and show you how to play this exciting life long activity. Equipment will be available most weeks, if you don't have your own racquet.



Dates: August 5 - October 14 **Times:** 6:30 pm - 7:30 pm (Start time will adjust in September with sunset times)
Fee: No Fee or registration is needed. **Location:** Paynesville High School Tennis Courts

Winter Indoor Pickle Ball League (Wednesday Evenings)



Join us for our 4th season of Co-Rec Pickleball. Pickle Ball is one of the fastest growing activities in the country! The league will be based on skill level and competitive interests. We encourage everyone interested in having some serious fun and getting a good workout at the same time to join us. The first two weeks of the league will be introductory. Pickle Ball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Dates: Wednesday's - December 11, 8, January 8, 15 22, 29, February 5, 12

Game Times: 6:00 PM-7:15 PM

Class Code: W1019

Fee: \$24 Early Bird rate by November 15/\$29 Regular Price

Location: Paynesville High School Gym

Registration Deadline: December 7

Minimum 8 players - Maximum 20



Call 243-7570 for more information about Silver Sneakers & Silver & Fit. You may qualify for a FREE Membership to Paynesville Fitness Center.



Create Your Own Therapeutic Drum

The drum echoes the heartbeat of Mother Earth and all living things. Drumming has been used as a therapeutic relaxation technique for centuries. Now you have a chance to make your own drum to get you started on your path to relaxation. Each participant will build their own 12" goat hide drum. Also included is a drum stick kit. Instructor: Doris Linder

Date: October 17

Time: 6:00 PM—7:30 PM

Location: High School Media Center - Enter Door #4

Fee: \$129 (includes all supplies)

Code: F1032

Min: 6 **Max:** 9

Registration deadline: October 10



Come walk our Halls this Fall and Winter! Being physically active can be challenging at the best of times, let alone during the colder, darker days of late fall and winter. A key success factor is that there are no barriers to participating because everyone is welcome! There are no limitations or requirements other than during the school day, you just need to buzz in at the Community Ed Office Door #8) then stop into the office to pick up a walking badge during the school day (8am-3:20 pm). No badge is required between 3:20 pm-10pm. A list of walking distances is listed on the bulletin board in the CE Office.

The Walking Club program turns often empty halls into a bustling 'place to be' – building on community spirit while at the same time improving physical activity levels.