



FOR YOUTH DEVELOPMENT
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**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

Players of All Ages Discover Pickleball at the YMCA

Northbrook, IL: November 2014 – Racquet sports enthusiasts – and others who want to stay active during the cold winter months – now have a new game to keep them on their toes. The North Suburban YMCA now offers adult pickleball games on Tuesday and Wednesday mornings from 9:00 to 11:00am. This low-impact sport combines elements of tennis, badminton, and ping-pong for a fun and social workout. Pickleball games are free for Y members, \$5.00 for non-members.

Pickleball was invented in 1965 as a family sport, and has grown rapidly in popularity. It appeals to all ages, including older adults. The USA Pickleball Association estimates that over 100,000 people participate in games, which can be played indoors or out on a standard-size badminton court with a lower net. Players use paddles to hit the lightweight plastic pickleball, which resembles a small whiffle ball.

The NSYMCA launched its pickleball games in September at the suggestion of Northbrook resident Rochelle Singer. Singer, who at one time was an avid racquetball player, started playing pickleball as a new way to stay active. “The court is smaller than a tennis court, which makes it more manageable for older players,” she notes. “At the same time, it can be quite vigorous and challenging. It’s very popular with retirees in Arizona and Florida, so it makes sense that lots of people would enjoy playing it here.”

In response to Singer’s idea, the Y purchased pickleball paddles and other equipment and established the morning free play schedule. It quickly became a favorite activity of Y staff members, who are spreading awareness of the game to the Y’s members and guests. The pickleball courts are set up in the main gym and can accommodate singles or doubles matches. Players are welcome to use the Y’s paddles or bring their own.

NSYMCA Sports Director Carol Sassorossi sees pickleball as a great opportunity for Y members to try something fresh. “With the cold weather driving us inside, it’s the perfect time to try a new activity,” she notes. “Pickleball is easy to learn and provides engaging, low-impact exercise. It’s also a very social

game, so players meet new people and enjoy some friendly competition. Everyone is welcome to come in and give it a try.”

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. For more information about pickleball and other sports at the Y, call 847 272 7250 or contact Carol Sassorossi, csassorossi@nsymca.org.



Photo Caption: The North Suburban YMCA now offers open pickleball games on Tuesday and Wednesday mornings.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.