



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

YMCA Expands Hours for Pick-Up Pickleball

Northbrook, IL: September 2016 – In response to player requests, the North Suburban YMCA now offers evening hours for open pickleball play. A pickleball court will be available on Wednesday evenings from 7:30 to 9:30, in addition to two courts that are open on Thursday mornings from 9:15 to 11:15. The Y provides nets and equipment free of charge to members, and guests may play for a \$5.00 fee.

Racquet sports enthusiasts – and others who want to stay active regardless of the weather – enjoy pickleball, a low-impact sport that combines elements of tennis, badminton, and ping-pong. Invented in 1965 as a family game, it appeals to all ages including older adults. The USA Pickleball Association estimates that over 100,000 people participate in the sport, 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.

“Pickleball is a great way to keep active throughout the year,” notes Karen Brownlee, NSYMCA personal trainer and coordinator of adult services. “It’s easy to learn and combines an excellent low impact workout with a fun social element. We hope to be able to add more hours of court time as more players become interested.”

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. For more information about pickleball and other adult wellness programs at the Y, call 847 272 7250 or contact Karen Brownlee, kbrownlee@nsymca.org.



Photo Caption: Pickleball combines elements of badminton, ping pong, and tennis for a great low-impact workout. Pick-up games at the North Suburban YMCA are available on Wednesday evenings and Thursday mornings.

About the [North Suburban YMCA](#)

The North Suburban YMCA serves 15 northern suburbs of Chicago, and for over 48 years has provided programs and services that address youth development, healthy living, and social responsibility every day. Working together for good is who we are: An association of people united in a common effort to help individuals become healthier, more connected, and confident. There is no other nonprofit quite like the Y: We have the national and local presence and partnerships to not just promise, but deliver, positive change, making sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. For more information, visit nsymca.org.