



PLAY *Pickleball!*

WHAT IS IT AND WHY?

About

Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body. The rules are simple and easy for beginners to learn. Visit pickleball.com for more information and rules of game play.

Indoor Play

Available indoors for individuals 55+.

Instructors are not at the location, and those attending will rotate play. Paddles are available upon request and space is limited. No registration required.

Location: Community Life Center-Good Shepherd, 4000 28th St S, Moorhead

Cost: \$5/day or \$40/10 punches punch card. Pay onsite.

Days: Mondays and Thursdays

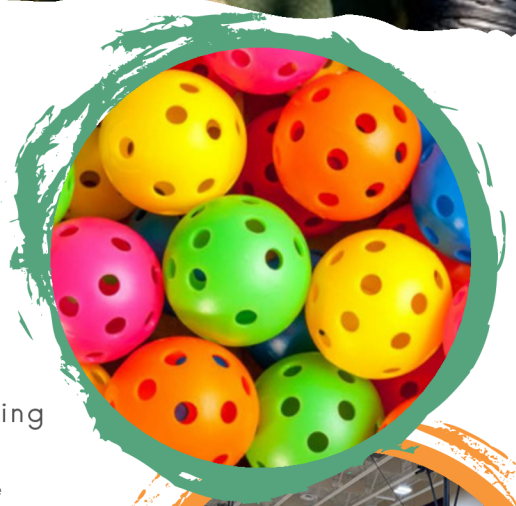
Time: 12:30-2:30 pm

Dates: Oct 14, 2024-Apr 28, 2025

*No pickleball on Oct 24, Nov 11 & 28, Jan 20, Feb 17

Outdoor Courts

- Horizon Shores Park, 3801 24th Ave S
- Riverview Estates Park, 3801 5th St S
- Village Green Park, 2601 Village Green Blvd
- Alm Park, 1300 Elm St S
- Hansmann Park, 1320 12th Ave N



Moorhead Senior Center
202 1st Ave N
Moorhead, MN 56560

218.299.5514

moorheadseniors.com

  @moorheadseniors