

Pickleball

At Siloam United Church

For Seniors 50+

“Try It — You Might Like It”



Beginners Clinics

New Friends

Low Cost

Great Exercise

Fun!

If you are looking for an activity that provides good exercise, is not strenuous, is easy to learn, and will gain you new friends, consider **Pickleball For Seniors at Siloam**.

Since 2019, Pickleball has been played in the Siloam United Church gym in northeast London for anyone aged 50 or more. Our air-conditioned gym is the perfect size for playing this easy-to-learn game. We are known as the **Siloam Pickleball Club**. Free parking, a changing area, and washrooms are an added bonus. If you have never played before and want to learn, the Club provides **Beginners Clinics** – two 1-hour sessions with instruction and practise. Clinics are limited to 3 or 4 players per session with attendees getting plenty of attention, instruction, and practise.



Clinics are arranged whenever there are 3 or 4 people interested in learning. The clinic cost is \$25 per person. No need to bring your own paddle – the Club has several you can try before buying your own. Since we play by the International Rules of Pickleball, your newly acquired skills enable you to play anywhere there is a pickleball court – in any country, on a cruise ship, even in tournaments.

Pre-requisites: (Beginners and Experienced Players)

All players must be:

- At least 50 years of age
- Have reasonable mobility
- Possess some amount of hand-eye coordination
- Have good balance
- Register in advance

Sessions Offered:

Regular Play - permits players of all skill levels to play but are played to the experience level of each player. In this way Beginners have an opportunity to gain experience without being intimidated as they become acquainted with the game and develop their skill.

Competitive Play - if you are a more experienced Pickleball player who wants a challenging fast paced game and a good workout, this may be the session for you.

Cost - All players must register before playing. The cost per session is only \$5.00. Church membership/affiliation is not a requirement.

Safety - All sessions begin with a 5-minute stretching warmup in preparation for playing.

Our current schedule for Pickleball is:

Monday 10-12pm.....Regular Play
Monday 1-3pmCompetitive Play
Monday 3-5pmRegular Play
Tuesday 10-12pm.....Regular Play
Wednesday 10-12pm.....Regular Play
Thursday 10-12pm.....Competitive Play
Thursday 1-3pmRegular Play
Friday 10-12pm.....Regular Play

Each session is limited to 8-10 players which allows playing nearly every other game (games average about 10 minutes). While others are playing you can enjoy watching or some social comradery with those waiting with you for your next game. In fact, most players at Siloam agree that the social aspect is as much fun as playing!

Want to know more? Just send an email with your name and phone number to the Siloam Pickleball Coordinator, **Allyn Todd** at aetodd29@gmail.com. Allyn will contact you, answer your questions, and provide you with a copy of the Guidelines by which we play at Siloam. Before committing to a clinic or playing at Siloam, you are welcome to drop in during any session to meet some of the players and observe how we are setup to play. We do not offer “Drop-In” sessions - you must “book your spot” in advance as explained in the Guidelines.

Siloam is a great place to acquaint yourself with a new activity, make new friends, and add some more fun and exercise to your life, all at a very modest cost.

For more information, email Allyn Todd:

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