



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIX IT UP FOR A BETTER WORKOUT

GLEASON FAMILY YMCA

Pick Up Pickleball

Tuesdays & Thursdays 10 am – 12 pm

Sundays 3 – 5 pm



Come learn something new and fun while getting a great work out.

We will have all equipment needed to play. Free to members.

GLEASON FAMILY YMCA

ymcasouthcoast.org

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