

Milford Recreation Presents....

Indoor Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Pickleball is one of the fastest growing sports in the country. It is primarily used as a doubles sport which means each person covers about a ten feet of court side-to-side. There are very few rules to follow and ages range from youth to seniors. If you are new to the game, don't let that scare you....come and join in. This is a fun way of getting exercise and interacting with new people. Games typically last between 10-15 minutes before rotation. Sneakers are required.



Starts Monday 11/7-12/29

(No Class 11/24 or 12/26)

\$3 Per Class

Mondays 9:00 - 11:00 am

Thursdays 12:30 - 2:30 pm

Location Milford Town Hall Auditorium