

ASA PICKLE BALL SCHEDULE OCTOBER 2022

**NOTE: ASC WILL BE CLOSED ON MONDAY OCTOBER 10
FOR THE THANKSGIVING DAY HOLIDAY**

*******PLEASE SIGN-UP FOR ALL ASC PICKLEBALL ACTIVITIES 905-726-4767*******

ASC: AURORA SENIORS CENTRE - 90 John West Way

Monday	Beginner Pickleball	3:00 pm - 4:30 pm
Tuesday	Women	12:30 pm - 2:15 pm
	Men	2:15 pm - 4:00 pm
Thursday	Men	12:30 pm - 2:15 pm
	Women	2:15 pm - 4:00 pm
Friday	Mixed	12:30 pm - 3:30pm

AFLC: AURORA FAMILY LEISURE COMPLEX - 135 Industrial Parkway North

FROM SEPTEMBER 13 TO DECEMBER 22 - for Experienced Pickleball Players

NO SIGN UP REQUIRED FOR AFLC PICKLEBALL - must be an ASA Member

Tuesday	Mixed Doubles	11:45 am - 2:45 pm
Thursday	Mixed Doubles	10:30 am - 1:30 pm

**NOTE: ALL BEGINNER PICKLEBALL ACTIVITIES WILL TAKE PLACE EVERY MONDAY AT ASC FROM
3:00 PM to 4:30 PM (EXCEPT HOLIDAYS) FOR BOTH ORIENTATION AND GAME PLAY**

PICKLEBALL BEGINNERS ORIENTATION AND PLAY STRATEGY

For all Pickleball Beginners:

*A short orientation will be provided to those new to the game as well as opportunity to play.
For advanced beginners, game play, strategy and scoring will be continued.*

TIPS OF THE MONTH - SAFETY FIRST!

***Hydrate! Take breaks to drink water whenever needed.
Stretch before and AFTER playing.***

If you hit a ball into another court, immediately YELL "BALL!" Do NOT chase it the ball onto the other court.

If a ball comes onto your court from another court, or if you hear someone call "BALL," STOP PLAY AT ONCE! Return the ball CAREFULLY to the other court - aim it towards the PLAYER on the court where the ball has come from.

When going backwards for a lob, TURN and run back for the ball, DON'T SHUFFLE BACKWARDS!

If you need more information about **Pickleball at ASC**, please email:
Sandy Fawcett for Women's Pickleball - clydeandalex@gmail.com
Richard Howard for Men's Pickleball - richard.ahoward649@gmail.com
Jane Snape for Mixed Pickleball at ASC and AFLC - jmfsnape@yahoo.ca

Aurora Seniors Association Pickleball at the ASC and the AFLC is recreational. Occasionally, friendly tournaments are held but the goal of this ASA Activity is to enjoy the game, the exercise, and the company of other Pickleball players.