

Pickleball has arrived in Huntington Beach and it is here to stay! NBC News reported that Pickleball is the fastest growing sport in America, and it is definitely the new craze in Huntington Beach.

Pickleball is a paddle sport played on a doubles badminton sized court that combines elements of tennis, badminton, and ping pong. The ball moves slower than the speed of a tennis ball and the small size of the court makes it a fun, low impact, and exciting game for people of all ages!

Pickleball is not only FUN, there are many health benefits that go along with the sport. These benefits include reducing risk of heart attack and chronic disease, toning muscles, and increasing energy.

Most of all, Pickleball is a social sport that fosters friendships anywhere you play. Check out the new permanent Pickleball courts at Norman L. Worthy Community Park, and visit page 39 of this SANDS to see Pickleball class information!

*Janeen Laudenback*  
Director of Community Services



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### MISSION STATEMENT

The City of Huntington Beach Community Services Department provides outstanding programs, services and facilities to enhance and enrich the lives of our residents and visitors.

**Winter Class Registration Begins November 14 at 9 a.m. See Page 3 for information.**

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