

LIFETIME ACTIVITIES AT TICE GYM

ADULT PICKLEBALL 16Y+

Pickleball is easy to learn and tons of fun! Lessons will be divided between stroke work/footwork drills and match play periods. It's a great activity for all ages, levels and athletic backgrounds looking to develop hand-eye coordination while exercising.

CLASS	DAY	TIME	SESSION (5 WEEKS)	FEES
Adult Pickleball	Tuesday	9:00 - 10:00am	JAN 9 - FEB 6	\$75
Adult Pickleball	Tuesday	10:00 - 11:00am	JAN 9 - FEB 6	\$75
Adult Pickleball	Tuesday	9:00 - 10:00am	FEB 13 - MAR 13	\$75
Adult Pickleball	Tuesday	10:00 - 11:00am	FEB 13 - MAR 14	\$75

HOW TO REGISTER FOR CLASSES AT TICE GYM

ONLINE REGISTRATION	www.lifetimeactivities.com
WALK-IN REGISTRATION	Walnut Creek Tennis Center: 1751 Heather Dr. Walnut Creek, CA 94598