



Longfellow Tennis
& Health Club

Healthy Mind Body Planet

Pickleball

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net.

\$7/day for members

\$12/day non-members

HOURS:

Played at the Youth Sport Zone

Monday thru Friday

10:00 a.m. - noon

& Thursday 7:00-9:00 p.m.

STARTING FEB. 25 - APRIL 11 we are adding

Tuesday 7:00 - 9:00 p.m. &

Saturday 6:15 - 8:00 p.m.

*For those new to the sport we offer
demo paddles & balls!*

Sign up at the Youth Sport Zone or
call 508-358-9675 to register.

Played at Longfellow Tennis

& Health Club | Wayland

Monday, Thursday & Friday

12:00-2:00 p.m.

No need to register just check-in
at the front desk!

**players must put the lines down every session*

LEARN TO PLAY FOR FREE!

Tuesday, March 3

10:00 a.m. - 12:00 p.m.

Thursday, March 12

6:30 - 7:30 p.m.

We are excited to have Sylvia Swartz for
our Pickleball instructor!



Want a lesson? Call 508-358-7355 and ask for Sylvia!

The Longfellow Tennis & Health Club

524 Boston Post Road, Wayland, MA 01778 | 508-358-7355