

DROP IN PICKLE BALL

FREE



**Six Nations
Parks & Recreation**

Youth & Elders Centre

1738 Fourth Line Road
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Ohsweken, Ontario
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Recreation

When: MONDAYS

Starts: September 11, 2017

Ends: Dec 18, 2017

Time: 7:00-9:00 p.m. Full Gym

Place: Dajoh—Onondaga

Benefits of Pickleball

- ◆ **Builds physical fitness**
- ◆ **Increases your speed and improves your reflexes**
- ◆ **Good for overall health**
- ◆ **FUN**