



Mundelein Park & Recreation District

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NEWS RELEASE

FOR IMMEDIATE USE

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BRING YOUR GAME INDOORS, PICKLEBALL COMING TO PARK VIEW

Mundelein, Illinois— Pickleball, a fun sport that combines many elements of tennis, badminton and ping-pong, is coming to Park View Health & Fitness starting September 12. On Tuesdays and Thursdays from 1 – 3 pm, there will be two courts available for playing this sport that is great for all-round fitness.

“The game is easy to learn. It uses a tennis-style net, lightweight plastic ball and wooden or graphite paddles. People of almost any age can play,” said Rose Nudo-Semask, Community Center Manager. “Since interest for pickleball is really growing, we coordinated the schedule with Vernon Hills Park District (they offer Pickleball on Mondays and Wednesdays at the same time slot), so players will have more opportunities to have court time in the area.”

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Besides being really fun, the sport has many health benefits as well. It works all the major muscle groups, it's a great cardio workout and improves dexterity, mobility, agility, and balance. Also, since it involves bursts of faster movement, it's a form of interval training. According to a Reader's Digest Article (<http://www.rd.com/health/fitness/what-is-pickleball/>), "On average, it burns between 250 and 450 calories per half hour, depending on how actively you play."

Mundelein Park District provides the paddles and balls, and there's a \$3 drop in fee. No registration is necessary, just drop on by. Nudo-Semak says, "If we get more players than courts I will rotate players on and off the courts." For more information contact Rose at 847-388-5431.

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