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## **MEDIA RELEASE**

17 August 2021

### **Pickleball is making a bounce at our sport centres and you are invited to join in!**

Want to have fun, keep fit and join in a low impact sport? Pickleball is the new game taking the world by storm and it's off and running at both Cygnet and Port Huon Sport Centres.

Pickleball was created in 1965 by a group of friends in Washington that were eager to play badminton one afternoon, but unable to find a shuttlecock, they improvised by grabbing some table tennis paddles and a wiffle ball (a plastic perforated baseball) and lowered the net on the badminton court.

Pickleball came to Australia in 2015 and with growing popularity, it now boasts associations in every state and territory with national competitions and a league of players eager to take on the fun.

As a paddleball activity it's a curious cross between tennis, badminton, and table tennis. The game requires players to move back and forth within a square and hit a ball over a net with a paddle. The main difference is that players must serve under-arm making it much easier than a tennis serve.

Mayor Bec Enders said, "Pickleball is a fun, sociable and friendly sport with simple rules making it easy for beginners to learn. You're moving your whole body when you play, making it a fantastic way to fit exercise into the day."

"The physical and mental benefits of pickleball are many but it can strengthen muscles, boost heart health, reduce stress, help maintain weight goals and enhance brain function."

"So come along to the Cygnet and Port Huon Sport Centres and try out this game for yourself."

#### **Details Cygnet**

Tuesdays - 3:30pm to 5:30pm.

Where – Cygnet Sports Centre – 19 Louisa Street, Cygnet

Cost \$7 + \$3 paddle hire. No bookings necessary

Information - 6264 0370

#### **Communications & Media Officer**

Huon Valley Council

[communications@huonvalley.tas.gov.au](mailto:communications@huonvalley.tas.gov.au)



**Details Port Huon**

Thursdays - 3.30pm – 5.00pm

Fridays - 8.45pm – 10.15 am

Where – Port Huon Sports Centre - 4421 Huon Highway, Port Huon

Cost \$7 + \$3 paddle hire. No bookings necessary

Information - 6264 0370

*Photo – Rob Cooper, President of the Huon Valley Pickleball Association*

**For more information: Mayor Bec Enders (03) 6264 0300**

**Communications & Media Officer**

Huon Valley Council

[communications@huonvalley.tas.gov.au](mailto:communications@huonvalley.tas.gov.au)