



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE

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Pickleball is Main Attraction at Sheridan Recreation Center

South Suburban's Sheridan Recreation Center is one of few facilities in the metro area to offer Pickleball, currently the fastest growing sport in America. Pickleball is like tennis, similar to ping pong and even a little like badminton, and is played with a Wiffle ball and racquet.

Although the sport debuted in 1965, it is currently enjoying a strong following throughout the country. The game is played on a surface, about one-third the size of a tennis court and uses many of the same rules. Pickleball is low impact and is easier on the joints than tennis; one of the reasons for its popularity, particularly among older participants. It's suited for all ages and abilities, and is good choice for those looking for a new sport in a quest for more exercise. Once you play; you're hooked.

At Sheridan Recreation Center, its Baby Boomers and seniors who are the sport's biggest fans. The game can be played by singles or doubles. Eddie Kanoza, facility manager, is even willing to step in, if an extra player is needed to compete.

The fun new game was introduced to customers at Sheridan Recreation Center in Nov., and it quickly generated some buzz. Dalisay Tafoya, of Denver, known as "Dolly" by those at the facility says, "Pickleball is my second love, my first being my husband". Dolly says the game is fun and she enjoys the social aspect. "The sport keeps me mobile and improves my footwork", she says.

Leon Hartness, a patron from Sheridan, has become an ambassador for the sport. When he's not playing Pickleball, he can be found improving his skills by hitting the ball against a wall in one of the facility's racquetball courts. Leon's knowledge of the game, combined with his overwhelming enthusiasm and patience, makes first timers feel comfortable. The game is easy to learn, and only requires sneakers and comfortable clothing. Equipment is provided. Pickleball, it's a sweet sport with a sour name.

For more information about Pickleball or other offerings at Sheridan Recreation Center, call Eddie Kanoza at 303-761-2241. The Sheridan Recreation Center is located at 3325 W. Oxford Ave., and offers Pickleball on Mon. and Wed., from 10 am – 12 pm. For more information about South Suburban offerings, visit www.sspr.org

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