



PICKLEBALL IS COMING TO SUNNYBROOK!!

*A group of Pickleball players from Danville (known as DAPPER's- Danville Area Pickleball Players) have taken on the tremendous task of raising money to build NEW Pickleball courts at Sunnybrook Park. These courts will be first of its kind in Danville and surrounding counties, designated to Pickleball. These courts will be available for use by anyone for **FREE!** As many of you know the sport of Pickleball is the fastest growing sport in America. There are now professionals and leagues developing all over the country. It has been around since 1965 and has been taught in physical education classes for years. But now many people have discovered the fun sport, that is easy to play with minimal cost.*

Why Sunnybrook? This 97-year-old community park is the PERFECT location for this new sport. Many communities have experienced issues with the noise that Pickleball creates, and with lights interfering with the neighborhood. These will not be an issue at the park. It is a beautiful natural setting with a grassy field and surrounded by trees. Plenty of parking, pavilions, and restrooms. Bring your children, they can enjoy two play areas, and the pool.

What makes these courts special:

**New construction of 8 courts (unlike many courts in the area that are refurbished basketball/tennis courts)*

**Designed for Pickleball exclusively*

**Surface will have Acrylic top coats, safer for joints*

**Fencing on perimeter and separating all courts*

**Lighting*

**The location will not have an impact on neighbors due to the noise or lights*

**There will be NO FEE to use the courts. We encourage everyone to play*

**Sunnybrook has many offerings for those that have children and want to play*

-Playground

-Swimming Pool

-Restrooms

-Concession stand

-Pavilion

-Large grassy area to play on

-Parking

-Easy to find

Benefits of Playing Pickleball

PHYSICAL HEALTH:

- *No limit due to age, gender, body size or shape*
- *Due to smaller court than tennis, less movement is required*
- *Great aerobic exercise that can boost your immune system, lower risk for heart disease by improving your cardiovascular health, reducing your blood pressure, and improving your good cholesterol*
- *Easier on joints than many sports while improving balance, coordination and agility*
- *Improves hand-eye coordination*
- *You'll get hooked on exercise that's fun!*

SOCIAL & EMOTIONAL HEALTH:

- *Easy to learn, little frustration that accompanies learning a new sport*
- *Minimal expense for equipment and to participate*
- *Lowers risks for depression and loneliness, due to more socializing*
- *Meet new people*

If interested in helping with the project, or in making a "Tax Deductible" contribution, or have any questions, please contact either

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