

Westwood Recreation Department Introduces New Pickleball Program

The Westwood Recreation Department is excited to introduce a new Pickleball Program as an extension of the highly popular **55 and over fitness program**. Gary Buchheister, the Westwood Recreation Department Director, has invited the New Jersey Pickleball Association to manage an open house on **Thursday, October 6 from 12-3p.m.** at the Westwood Community Center. Mr. Buchheister states, "Pickleball is the fastest growing leisure activity among people over 55. We are proud to be able to bring these new and innovative programs to our residents." **Pickleball is a hybrid of ping-pong, tennis and badminton. This sport is easy to learn and offers all the health benefits of aerobic and anaerobic exercise with an added bonus of socialization and fun competition.**

To learn more about pickleball visit usapa.org. Join the fun at the open house. Wear comfortable clothing and tennis shoes. All equipment will be provided. Admission is FREE for Westwood residents over the age of 55. A well-developed indoor pickleball program will be implemented for the fall and winter season. The program will include: intro-clinics, match play, drill practice lesson routines, and round-robin pickleball events for all skill levels.

For more information and to register please email recreation@westwoodnj.gov. or call the Recreation Department at 201-664-7882.

Check out this video of Pickleball:
<https://youtu.be/qmYF67dqNaQ>