

# SENIOR PROGRAMS



## MORNING WALKING CLUB



## PICKLEBALL

311 B WINNACUNNET RD. HAMPTON, NH

## MORNING WALKING CLUB

**EVERY WEEK DAY**

**1:00pm - 3:00pm**

**\$25 / Month (Unlimited Visits)**

Our walking program provides the safety of indoor walking within the RIM sports complex for only \$20 a month per participant. We open the curtains and allow you to walk the blue track that surrounds 5 basketball courts.

Every 7 laps = one mile.

Our courts are made out of a special synthetic material which is softer on your joints, feet and hips. Far healthier to walk on than concrete, pavement, tile or even wood.

## PICKLEBALL

**EVERY WEEK DAY**

**1:00pm - 3:00pm**

**\$25 / Month (Unlimited Visits) \$7 / DAY PASS**

What is Pickleball? Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players

One court will be reserved for Pickleball and will be lined in such a way as to create two Pickleball Courts to play on.

For more information visit [www.theRIMsports.com](http://www.theRIMsports.com) or call (603) 601-7585