



Pickleball, Anyone?

THE PERFECT SPORT FOR SENIORS HAS ARRIVED

What do you get when you combine a whiffle ball, ping pong paddles, a badminton court, and a small crowd for entertainment? In the 1960s, this combination was pulled together at a family picnic—complete with a dog named Pickle to chase the ball—and became the start to what's now the best game in town for middle-agers and up. Called pickleball, it's one of the fastest growing sports around.

Several times a week, residents of Lake Barrington Shores (LBS) as well as other places gather at the Canlan Sportsplex to play pickleball. "It's a good workout," says Jim Kraus, who says the workout is not severe on legs and knees. "It's not a lot of running, and many former tennis players have made the switch over to pickleball,"

Another player at Canlan, Joe Tuszyński, learned the sport in Florida at The Villages where there are 150 pickleball courts (where lines form for residents to get their turn to play). "[My wife] Ann and I learned the game in Florida and brought it back to LBS and played it on the tennis courts there," he said. The game's boundaries are a bit different than regular tennis, so Tuszyński and his pals retaped the lines on the court for pickleball. There is a "kitchen line" that's seven feet out from the net, and the ball cannot go into the "kitchen" until it has been played once per side with a bounce outside the line. Your serve of the ball has to land beyond the kitchen line.

The pickleball courts at Canlan in Lake Barrington are created with lines that make for a smaller playing court, so running is

limited—another "plus" say the players. Many of the players wear knee braces, so the limited movement allows for longer play. The only challenge is learning how to serve and score, according to the Canlan group.

Much praise was shared about Tammy Kerr, the general manager at Canlan, and her staff for creating the pickleball privileges and courts. There is an open league on Monday, Wednesday, and Friday that people can sign up for. Forty LBS residents are members. Ten-pass punch cards are available to join in the fun and exercise at a discount. Members can borrow a paddle from Canlan if they don't have one. U

To learn more, visit the Canlan Sportsplex at 28156 W. Northpointe Pkwy., Lake Barrington, www.canlansports.com or call 847-382-3433