



# Play Pickleball

## at Glades Pioneer Park

**FREE**  
Equipment loan  
\*with valid ID

3 Lighted pickleball courts  
available year-round!

For more information, contact:  
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rbohlen@pbc.gov | (561) 993-3893

### Benefits of playing Pickleball

- Physical Fitness: Improves cardiovascular health, strength, and coordination.
- Teamwork Skills: Teaches the importance of working together to achieve common goals.
- Outdoor Recreation: Outdoor activity enhances mental clarity, lowers stress, and increases happiness through movement and fresh air.
- Community Engagement: Participation in local sports programs strengthens community ties and fosters a sense of belonging.



Palm Beach County Board of County Commissioners  
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