



# Pickleball

Virginia Beach

**FREE**

## ADAPTIVE PICKLEBALL INTRO CLINIC

— AT PICKLEBALL VB —



PART OF  
ADVENTUROUS WEEKEND  
WITH



**United Spinal**  
Association of VA



**SPINAL**pedia  
See it. Believe it. Do it.



**Determined2Heal**  
Simplifying Life with a Spinal Cord Injury

IN PARTNERSHIP WITH

**EVMS**  
LIFESTYLE MEDICINE  
INTEREST GROUP



**YOU'LL LEARN**  
the rules of  
adaptive pickleball



**HAVE FUN**  
open play  
afterwards!

1ST SESSION

**10:00 AM – 12:00 PM**

2ND SESSION

**2:00 PM – 4:00 PM**



**AUGUST 8**



**928 S BIRDNECK RD**  
**VIRGINIA BEACH,**  
**VA 23451**



**ALL ABILITIES.**  
**ALL WELCOME.**



**PRIORITY FOR THOSE SIGNED UP  
WITH ADVENTUROUS WEEKEND**



**RSVP: [aassaadi@unitedspinal.org](mailto:aassaadi@unitedspinal.org)**

**COME LEARN. PLAY. CONNECT.**