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**FOR IMMEDIATE RELEASE**

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**The YMCA of Metropolitan Washington Expands**

**Pickleball Program to Silver Spring**

*Hundreds of people across the Washington metropolitan area are participating in this sport that promotes social emotional health, inclusiveness, safety and fun*

**WASHINGTON, D.C. – July 16, 2021 –-**The YMCA of Metropolitan Washington will be hosting a July Pickleball Extravaganza in celebration of launching its pickleball program in Silver Spring; as the Y continues to become one of the region’s largest providers of pickleball programs.  Pickleball is currently available at YMCA Bethesda-Chevy Chase and YMCA Arlington Tennis and Squash Center.  The YMCA Silver Spring Pickleball Extravaganza Celebration will be held Saturday, July 17th from 9:00am to Noon and Wednesday, July 21st from 5:00pm-8:00pm.  The Extravaganza will include giveaways and drawings, pro exhbitions, drills, clinics and round robin plays.  Registration is required at [www.ymcadc.org](http://www.ymcadc.org) or [pickleball@ymcadc.org](mailto:pickleball@ymcadc.org).

Pickleball was created in 1965 by Congressman Joel Pritchard, Barney McCallum and Bill Bell during a summer vacation.  It was an attempt to entertain bored children using whatever equipment came to hand.  Now, decades later the sport has grown across the nation.  Pickleball combines elements of badminton, tennis, and ping-pong.  It can be played using relatively inexpensive paddles and plastic balls, on existing tennis courts (although the courts are outlined for Pickleball, which are badminton-sized.)

“The response to Pickleball has been overwhelming by the community.   Pickleball is an inclusive and social sport that allows players to get outdoors, have fun and work out.   We are proud that the Y will have dedicated spaces that allows for individuals to meet other people and families to connect more.  Pickleball allows people to still socially distance and get great exercise both outdoors and indoors at an extremely affordable price,” said Pamela Curran, Executive Vice President and COO for the YMCA of Metropolitan Washington.

According to [USA Pickleball](https://usapickleball.org/about-us/organizational-docs/pickleball-fact-sheet/), the sport is now played by over 3.3 million people.   The Y’s Pickleball monthly calendar of events will be released in a few weeks and more information will be available at [www.ymcadc.org](http://www.ymcadc.org).

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**About YMCA of Metropolitan Washington**  
The YMCA of Metropolitan Washington is a non-profit 501(c)3 charity organization that has been serving the communities and families of Washington, D.C., Maryland and Virginia in the areas of youth development, healthy living and social responsibility, for nearly 168 years.  Visit [www.ymcadc.org](http://www.ymcadc.org) for more information.