



SPORTS AND FITNESS PROGRAMS AT WHBC

(For adults 18+)

FITNESS PROGRAMS (November thru April)

Pickleball Skills & Fitness

Mondays & Thursdays | 8:00-9:00 a.m.

- Fitness program emphasizing skills and fitness for better health and pickleball performance. These sessions are for EVERYONE at any skill or fitness level.
- 40 minutes of pickleball skills and 20 minutes of full-body workout. The workout is scalable to different fitness levels.
- Open pickleball session will follow at 9:00 a.m.

FUTSAL (Indoor Soccer)

Competitive Futsal (*year-round*)

Mondays | 8:00-10:00 p.m.

Casual Futsal (*available on select dates*)

Not currently available

PICKLEBALL (November thru April)

Three indoor courts used in rotation through the use of a paddle rack system. Choose one level, according to your skill level. Participants are not permitted to play in back-to-back open play sessions.

Open Play— All Skill Levels

Mondays & Thursdays | 9:00-11:00 a.m.

Skills & Drills—All Skill Levels

Tuesdays & Fridays | 4:30-5:00 p.m.

Open Play— Intermediate Level

Tuesdays & Fridays | 5:00-7:00 p.m.

Open Play— Advanced Level

Tuesdays & Fridays | 5:00-7:00 p.m.

Open Play— Beginner Level

Saturdays | 3:30-5:00 p.m.

PICKLEBALL 101 CLINICS (November—March)

Learn to play pickleball.

WHBC Pickleball clinics is for beginners only, those who have never played or are new to the game and interested in learning the basics of the game.

Please only sign up for one session so others have the opportunity to learn the game. Sessions will also be offered November, December, January, February, and March.

- Cost is \$40/session
- Each session includes 4 classes
- Saturdays from 2-3:30 p.m. (*unless otherwise noted*).

To register, click links below.

- [November](#)
- [December](#)
- [January](#)
- [February](#)
- [March](#)