



Positive Happenings Forest Lake Area Schools Community Education Adult Lifelong Learning

Community Ed Partners with Health UP!

Forest Lake Area Schools Community Education has been an active partner in the community health initiative, Health UP, since it began in 2012. The goals of Health UP include increasing access to physical activity, healthy foods and social supports. Health UP focuses on increasing opportunities for residents to improve their health in four areas:

- **EAT** – Healthy eating can help you feel better, have more energy and reduce your risk for disease.
- **MOVE** – Increase your physical activity by building it into your daily routine.
- **PLAY** – Doing something you enjoy can bring joy and better mental health.
- **CONNECT** – Creating meaningful relationships can improve well-being.

Pickleball Requests and Opportunities!

A Health UP meeting in the summer of 2014 included a discussion about ways to increase fitness opportunities for older adults. This discussion led to the topic of pickleball. About that same time a Forest Lake resident approached Community Ed Director Julie Ohman and requested that pickleball be offered through the adult programs. The popularity of pickleball was becoming obvious.

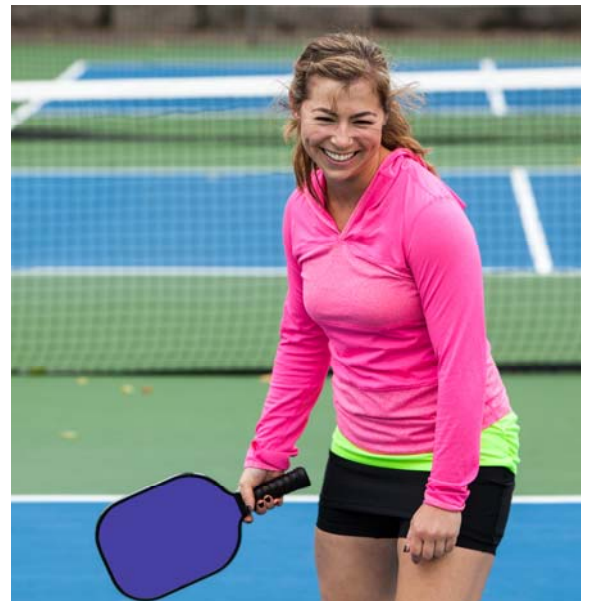
During the fall of 2014, CE staff in partnership with Health UP and the City of Forest Lake, completed an application and was awarded funding for pickleball through the Living Healthy in Washington County Partner Projects Grant. Washington County recently highlighted Community Ed's successful pickleball program in their report to the State of Minnesota Department of Health. See next page for the full report.

In January and early February of 2015, Community Education offered four Pickleball Instructional Clinics and the Pickleball Club began on January 23, 2015. With four courts, the program could accommodate 24 players each Friday. Due to the popularity of the activity, the program is expanding to seven courts and will be able to accommodate approximately 40 players.

Thank You!

We would like to extend a thank you to Health UP, Living Healthy in Washington County as well as to FLAS phy ed teachers Mike Meier and Sara Stratton for allowing us to tape pickleball courts on their gym floors!

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Pickleball Comes to Forest Lake



Pickleball, a game that combines elements of tennis, badminton and Ping-Pong, is sweeping the nation and has landed squarely in Forest Lake Area School District Community Education's (FLAS Community Ed) array of physical activity opportunities aimed at older adults.

When FLAS Community Ed Coordinator Laurie Drolson and her team decided to include Pickleball in their offerings this year, no one could have predicted the incredible interest among older adults in the Forest Lake community. In fact, the FLAS Community Ed team only planned on offering one Pickleball instructional clinic, but due to overwhelming interest from community members, ended up offering four. A wait-list was also started for those unable to participate in one of the four instructional clinics. FLAS Community Ed's clinic provides new players with training on the rules of the game and terminology, injury prevention, safety on the court and proper warm-up and cool-down routines.

UNDERSTANDING THE POPULARITY OF PICKLEBALL

In an exercise culture that is often geared toward younger people, older adults can struggle to find physical opportunities that are fun, beneficial and socially enriching. This explains the popularity of Pickleball – a low-impact sport that is easy on joints, easy to learn and does not require previous athletic experience or skill. Another aspect of the sport that appeals to older adults is the social connectedness fostered by the sport. In a typical game that can last 15 minutes, a player plays with up to three other players until the next game, where they can rotate to an entirely new set of players.

A COLLABORATIVE EFFORT

Pickleball surfaced as an idea during a discussion at a Health UP meeting, a community collaboration based in Forest Lake in which SHIP is an active partner. Based on a group assessment of physical activities for older adults, it was clear more opportunities were needed in the Forest Lake community. Given the popularity of pickleball among

older adults in similar communities (e.g., Shoreview), the group decided to try offering Pickleball as an option. The assessment of the group has proven right. To support the continued availability of Pickleball in the community, another Health UP member, the City of Forest Lake, painted Pickleball court stripes on the City's outdoor tennis courts when they were resurfaced in 2014. This has created permanent and free outdoor space for residents to use during warm months.

PICKLEBALL: A FUTURE WITH NO END IN SIGHT

FLAS Community Ed plans on keeping up with the demand for pickleball in the community. The first two instructional clinics, offered in January 2015, garnered positive reviews from participants, many of whom were older adults that had never played the sport. A Pickleball Club was also launched in late January. For a low-cost fee of \$3 for drop-in play time or \$35 for a season pass, residents can access Pickleball courts every Friday night from 6 to 8pm at the Forest Lake Central Learning Center.

Moving forward, collaborative partners (i.e., FLAS Community Ed, Health UP and City of Forest Lake) will be establishing a system for renting equipment and creating additional outdoor pickleball opportunities. This will include the use of "pop-up parks" and portable pickleball courts so that families and residents of all ages will be able to try out this growing sport. These efforts will help expand recreation activities into communities or neighborhoods that do not have close access to existing parks.

FOR MORE INFORMATION:

To learn more about FLAS Community Ed upcoming pickleball events, please visit: www.flaschools.org/ce or call (651) 982-8110.

