

Nareka Jacques

From: Barb Lightbody [REDACTED]
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To: Municipal Hall
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Categories: Pickleball

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Dear Mayor and Council

Please add my support to the motion of having 4 purpose built pickleball courts at Centennial Park. With the closure of Wain park, there are very few places to play on the peninsula, yet there is a very enthusiastic pickleball community. Pickleball is one of those unique sports where all ages can play. My nephew is learning pickleball in high school, my 25 year old son plays with his friends, my husband and I, who are in our 50's, play several times a week, and we even play with an incredibly fit 91 year old who runs circles around many younger players. As an avid pickleball player, I can confirm there is a need for purpose built courts.

As a former health professional, I can also attest to the need of pickleball courts. As I watch our health care system decline, I think more and more about prevention and how to keep people out of the health care system. Providing places for people to engage in healthy activities such as pickleball is an excellent way a community can support its constituents. To that end, I would also suggest that when the courts are built, that they remain a drop in place so as to foster a real sense of community. The beauty of Wain Park, and why it was so devastating to have those courts closed, was that it was a place where people could just show up and play with whoever happened to be there. It didn't have to be booked, play didn't have to be scheduled or planned in advance. It gave people who didn't have a pickleball cohort a chance to meet new friends, it allowed the old, the young, and the in-betweens to meet up, play together, and have fun. And while people are out in the fresh air and getting exercise, more importantly, they are being part of a community, which is crucial to mental health and ultimately overall health. Healthy community members make for a much healthier and vibrant community.

Yours in health,
Barb Lightbody, Bsc (Pharm)
Sent from my iPad

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