

Pickleball comes to East Lothian

Attempts to establish a club in East Lothian for players of the fast growing sport of Pickleball will move a step forward with an introductory session planned for Queen Margaret University on Monday, 14 August, from 10.30 – 12.30.

Pickleball is a racket or paddle sport where two or four players hit a perforated, hollow, plastic ball with paddles over a 34-inch-high net until one side is unable to return the ball or commits an infraction. Pickleball is played indoors and outdoors.

The playing area is the same size as a doubles badminton court and is suitable for all ages with several clubs and sessions already taking place throughout Edinburgh.

Organisers claim it provides low-impact exercise, improves balance and flexibility and nurtures social connections.

Driving force behind the latest venture is Louise Harrison, who said: "On moving through from Nairn I found there was much more provision for Pickleball in the West of Scotland.

"So, along with Linda Hamilton, a fellow Pickleball ambassador, we decided to do something about it which has led us to QM University helped by a really pro-active approach

from Enjoy Leisure while facilities are excellent with four halls and a café.”

The club will seek to strike a balance between social and competitive play and further opportunities to try the sport are on the horizon.

For example a Pickleball Festival is planned for Meadowbank on 4 November hosted by Pickleball Scotland and the local club.

Cost of the introductory session at QM University is £3. Please register in advance at Eastlothianpickleball@gmail.com

Our photograph shows a session in full swing at Craiglockhart Sports Centre.

