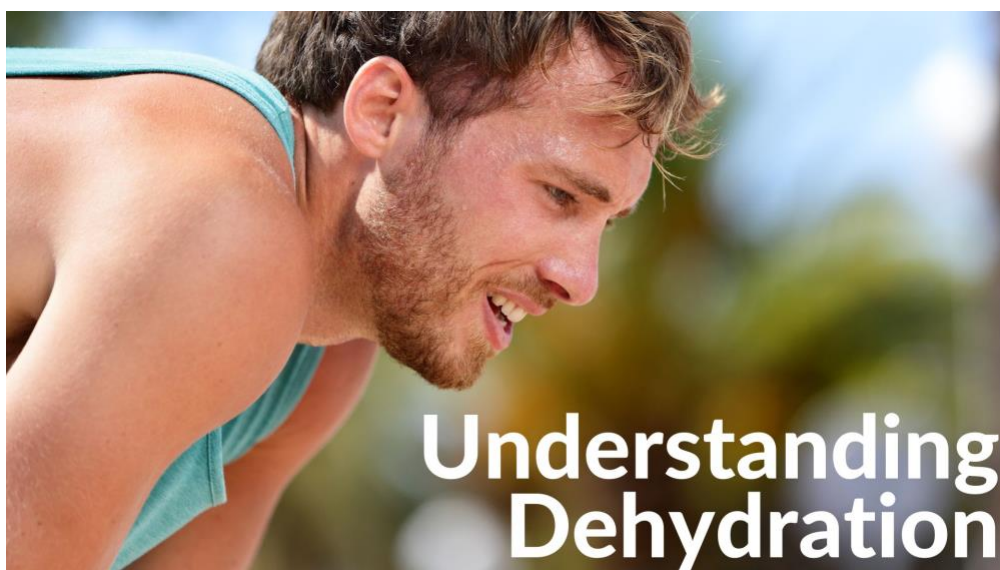




April 17 - 23

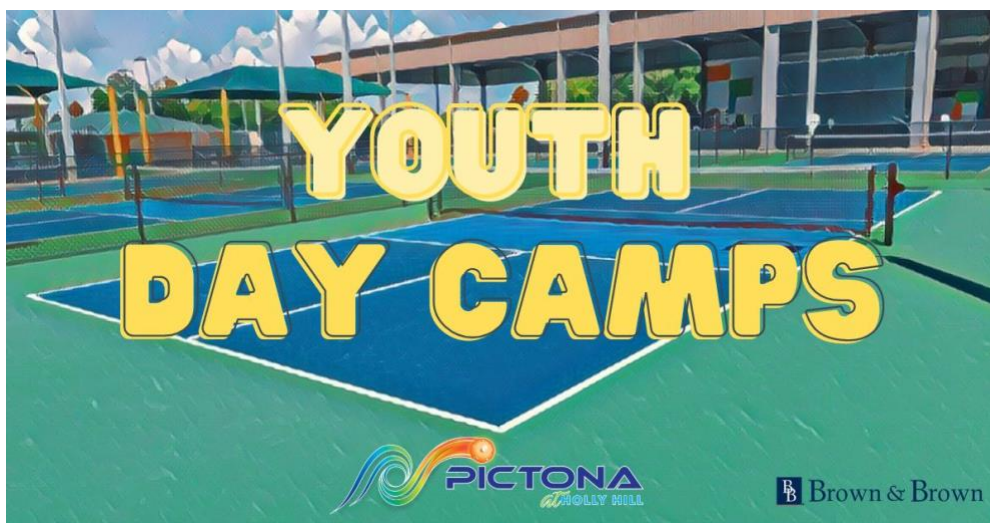


NEWS



The Florida Heat is Upon us - Please Remember to Stay Hydrated!

It's hot and muggy for many months in Florida. Failure to properly hydrate may result in heat exhaustion, and far more seriously, heat stroke. Read more [HERE](#) to learn how to recognize, prevent, and treat heat injuries.



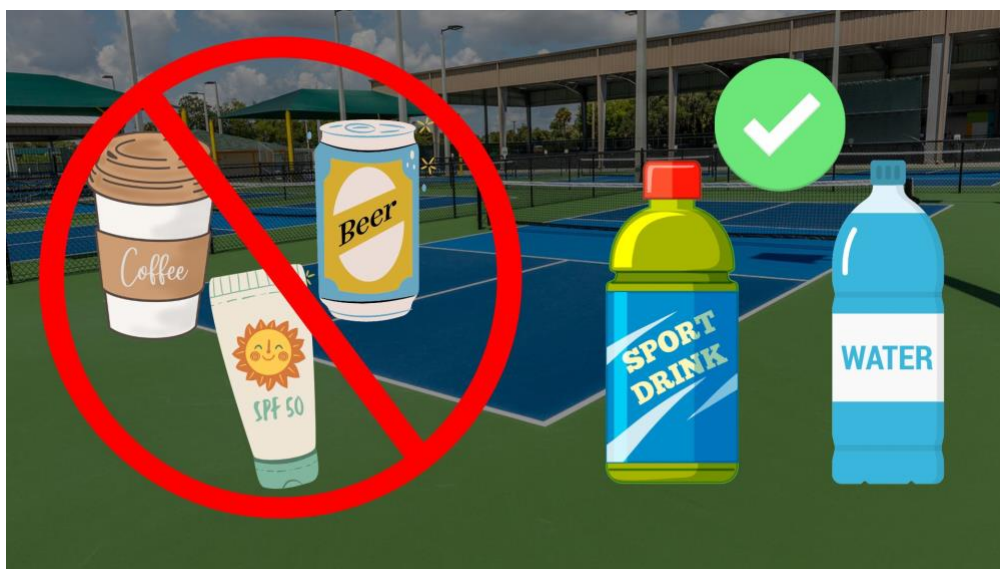
Thank you Pictona Member **Jim Helmer!**

We're thrilled to announce that Pictona member Jim Helmer has given a generous gift of \$1500 for local kids to attend the [Pictona Youth Pickleball Camps](#) this summer.

Pictona is committed to the advancement of local youth to learn the sport of pickleball. This gift from Jim will go a long way towards this effort.

If you're looking for a way to recognize deserving youth, this is a great way to give back to our local community!

** Pictona's youth programming is sponsored by Brown & Brown.



Help us Keep our Courts Playable: Only Water & Sports Drinks Allowed on Courts!

No food or drink on any courts other than water and sport drinks. ***In other words, no food or drink on surfaces painted green or blue.*** *****Also, please refrain from using sunscreen on the courts. The residual chemicals damage the court surface.***



Our Lost and Found Closet is OverFlowing!

You name it... We've found it!

Found items will be out on display between the Welcome Desk and the Covered Courts.



TOURNAMENTS



MetroHealth Super Seniors Tournament - May 5 - 7

Join us for the [MetroHealth](#) Super Seniors Tournament - **where we now have \$5,000 per day in Prize Money!**

**** (Register by April 17th to receive a FREE tournament t-shirt!)**

Read more [HERE](#) for tournament details.

The MetroHealth Super Seniors Tournament is an official U.S. Senior Pickleball Circuit Event. Sign up at the button below.

[Sign up for the MetroHealth Super Seniors Tournament HERE](#)

[Click HERE for MetroHealth Super Seniors Exhibitor Information](#)



PLAYER SHOP



Your Dermatologist will LOVE You!

Looking for a trendy lightweight hoodie providing great UV protection? The Player Shop just got in the perfect moisture wicking shirt for you! And while you're at it, make sure to pick up Habana Brisa, taking sun care to a new level with sunscreen and lip balm products. Click [HERE](#) to check these new products out.



VOLUNTEERS



Volunteer Appreciation BBQ - April 22nd

The RSVP deadline for the Volunteer Appreciation BBQ has passed. However, we want to remind the almost 150 volunteers that said they were coming that ***we are ready to celebrate YOU!***



Join the Pictona Success Team

If you'd like to volunteer for a Pictona event, please consider joining the Pictona Success Team of Volunteers. Click [here](#) and explore the many opportunities to help us continue to make Pictona the best pickleball facility in the U.S.!



THE KITCHEN AT PICTONA



Next week we're featuring a delicious **Club Sandwich** with turkey, ham and bacon piled high, along with cheddar cheese, lettuce and tomato, in between fresh slices of toasted bread. Comes with house-made chips, coleslaw, or crispy french fries!



PICKLEBALL PLAY

A graphic showing a pickleball court with a large yellow pickleball in the center. A red banner with the text "Round Robins" is draped across the ball. The background is a photograph of a pickleball court.

Call (386) 310-7067
👉 **to register!**

SATURDAYS

MEN'S 3.0 - 3.49

MEN'S 3.5 - 3.99

9:00 AM

WOMEN'S 3.0 - 3.49

WOMEN'S 3.0 - 3.99

3:00 PM

Sign Up
Today!

SUNDAYS

MIXED - NOVICE

9:00 AM

New to Pictona? New to Pickleball?

Looking to meet new players at your skill level? Come try one of our Round Robin events. You will play six games and have a new partner each time. Be sure to arrive 15-30 minutes before game time starts in order to warm up, get your court assignment and partner.



EVENTS





**A high-octane fiesta that's
part rock show, part comedy
show and all sorts!**

THURSDAY, APRIL 20 | 7:30 PM

PRESENTED BY

AT THE METROHEALTH STADIUM AT PICTONA
1060 RIDGEWOOD AVE., HOLLY HILL, FL
TICKETS START AT \$20 | BOX SEATS AVAILABLE
FOR TICKETS & MORE INFO, VISIT [HOLLYHILLEVENT.COM](http://hollyhillevent.com) OR CALL 386.492.3227

New York NY Dueling Pianos - Next Thursday (April 20th)

Join New York, NY Dueling Pianos for a series of piano party madness at the MetroHealth Stadium at Pictona.

These internationally renowned performers take all of your song requests in a clap-along, bang-the-tables-along crazy fiesta where anything can happen!

Tickets start at \$15 + surcharges.

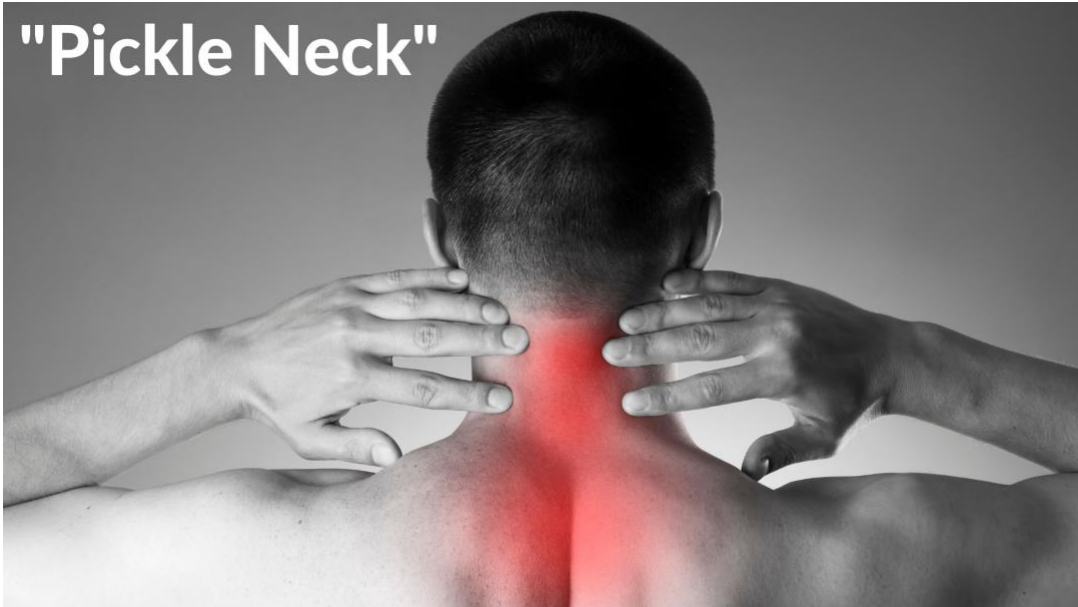
Purchase your tickets at the button below.

[Purchase NY NY Dueling Pianos Tickets
HERE!](#)



SPONSOR HIGHLIGHT

"Pickle Neck"



Simple Test:

Move your head/neck look up towards the ceiling, down towards the floor, over your right/left shoulders and sideways right/left, trying to touch ear to shoulder.

If any of the above motions feel limited or painful you could have "Pickle Neck".

Read more [HERE](#) for tips on prevention and treatment.

Barr & Associates Physical Therapy

1425 Hand Ave, Suite H
Ormond Beach, FL 32174

386-673-3535

Barrandassociatesphysicaltherapy.com



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Our mailing address is:

1060 Ridgewood Ave. Holly Hill, FL 32117

[Unsubscribe here](#)