

適合中級玩家



泉源輔導中心  
Living Water Counselling Centre

# 正念匹克球

身心同健，樂活人生

4月班：4月8-29日

5月班：5月6-27日

6月班：6月3-24日

每班4節，逢星期三上課

正念匹克球：身心修練，樂活新法  
享受全新方式，保持活躍與健康



時間： 2:00 PM to 4:00 PM

地點： 列治文山循理會 Richmond Hill Free Methodist Church  
212 Hillview Dr, Richmond Hill

對象： 55歲或以上且具經驗者，新人優先

收費： \$20

查詢/報名： (905) 763-0818

✉ admin@lwcounselling.ca

- Please prepare your own racquet.
- The Class is conducted in Cantonese

報名參加



Funded by Ontario 

名額有限 先到先得

For the intermediate level player



泉源輔導中心  
Living Water Counselling Centre

# MINDFUL PICKLEBALL



The mindful way to play, the active way to age

2026 April 8 - 29 / May 6 - 27 / June 3 - 24

Every Wednesday (4 Sessions)

Mindful Pickleball: A practice for your mind and body.  
Enjoy a new way to stay active and healthy



**Time:** 2:00 PM to 4:00 PM

**Location:** Richmond Hill Free Methodist Church 列治文山循理會  
212 Hillview Dr, Richmond Hill

**Target:** 55+ with experience;  
new sign-ups priority

**Cost:** \$20

**Enquiries:** (905) 763-0818

✉ [admin@lwcounselling.ca](mailto:admin@lwcounselling.ca)

- Please prepare your own racquet.
- The Class is conducted in Cantonese

Registration



Limited spots  
First come first serve

Funded by Ontario 