

OPEN COURT



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Staying Warm While Temperatures Cool



Fall is in the air and winter is close behind. As temperatures drop, staying warm while playing tennis is essential not only for your comfort and performance, but also for avoiding injury.

Layer Up: Begin by layering your clothing with thermal layers as your base. Sweat-wicking material can help to prevent sweat from cooling your body. Add insulating layers and a wind-resistant jacket to trap heat. Keep your head and hands warm with a hat or headband and gloves. For particularly cold days, consider using disposable heat packs in your pockets or gloves during breaks!

Keep Moving: Before you start playing, engage in a thorough warm-up to get your blood flowing and your muscles prepared. Between points, keep active to maintain your body heat, and use changeovers for light exercises, like high-knees or jumping jacks.

Stay Hydrated: Staying hydrated remains vital even in cold weather, so opt for warm beverages like tea or hot water between sets.

Adapting to colder temperatures might take time, so pay close attention to your body's signals and adjust your clothing accordingly. By following these tips, playing year-round is not only possible, but enjoyable too!

Serving Up Success in Atlanta's Pickleball Pilot



Season's Greetings! My name is Rachel Maher, and I'm so proud to have joined the Department of Parks & Recreation as the Deputy Commissioner of Partnerships & Enterprise. As a tennis player from an early age, I'm thrilled to provide support to Atlanta Tennis as part of my new role, as well as oversee the rollout of the Pickleball Pilot Program across the city. Let me tell you, it's a very exciting time for the growth and development of both sports!

As you may know, pickleball is the fastest growing sport not only in Atlanta, but nationally! In July of this year, Parks & Recreation Commissioner Justin Cutler announced that Atlanta would respond to the surge in pickleball popularity with a pilot program introducing 16 dedicated pickleball courts and 33 shared courts to parks across the city.

NEW COURTS ARE READY FOR PLAY



The first dedicated courts at Southside Park (3460 Jonesboro Rd SE, Atlanta, GA 30354) are ready to welcome players! Six courts are open from dawn till dusk for all-day play. Additionally, these courts will soon be lighted for extended play into the evening hours. Grab your paddles and head south to check them out!

Additionally, shared tennis/pickleball courts are available at the following parks:

- Lenox-Wildwood Park - 1760 Lenox Rd. NE, Atlanta, GA 30306
- Peachtree Hills Park - 308 Peachtree Hills Ave. NE, Atlanta, GA 30305
- Isabell Gates Webster Park - 275 Peyton Rd. SW / Peyton Place, Atlanta, GA 30311
- Maddox Park - 1115 Donald Lee Hollowell Pkwy NW, Atlanta, GA 30318

More courts to come in 2024!

It's important to remember that as pickleball pops up in more parks across the city, respect, courtesy, and good sportsmanship are expected on all courts, at all times. Additionally, the best way to guarantee that a tennis or a pickleball court is available when/where you want to play is by reserving a court in advance.

You can learn all about the rollout of the pilot program, how to reserve courts, and where you can play pickleball indoors, at bit.ly/pickleball_atl.



SHARE YOUR FEEDBACK!



Scan QR code to take survey!

We're also gathering feedback from the community about the pickleball pilot program that will inform the next stages of the rollout. Love it? Hate it? Have thoughts for improvement? Let us know by completing the survey accessible through the QR code. If you have additional comments to share, email ATLPickleballPilot@AtlantaGa.Gov. We look forward to hearing from you!

TENNIS COURTS OPEN DAILY

DAILY 6 a.m. – 11 p.m.

All COA tennis courts at our parks across the city

MONDAY - FRIDAY 9 a.m. – 9 p.m.

Bitsy Grant, Chastain Memorial and Sharon Lester @ Piedmont Park

MONDAY - FRIDAY 5 – 9 p.m.

Joseph McGhee
Washington Park

SATURDAY 9 a.m. – 5 p.m.

All Tennis Centers

SUNDAY 10 a.m. – 5 p.m.

All Tennis Centers

November closures include Thanksgiving holiday observed on Thursday, November 23 and Friday, November 24.

December closures December 6th: open at 2:30, December 24 & 25 for Christmas & January 1 for New Years Day.

GOT NEWS SEND US YOUR STORY!

If you have a tennis story, accomplishment, celebration, or pictures that you would like to be featured in our monthly newsletter, we want to hear from you! E-mail us at COATennis@atlantaga.gov.



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Contact Us

We're here for you and happy to answer your questions! Email our friendly staff or call **404.546.6788**

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