

Sport RCT Case Study

Getting adults more active - Pickleball

Pickleball has exploded in popularity with adults and the aging population due to its low impact nature. Over the last five years we have worked hard to support the growth of Pickleball within our leisure centres, clubs and community groups. We have supported two clubs in Llantrisant and Treorchy with funding and promotion, helped five leisure centres to add Pickleball to their weekly timetables and have even organised the first pickleball leaders course within Wales. Groups such as Men's Marauders have also taken up the sport with our support as a physical activity offer for their participants.

There are now 15 Pickleball sessions per week across the county borough, with over 250 people attending these each week. We estimate that there have been over 65,000 participations in Pickleball since 2020. 14.3% of participants were inactive before joining one of our pickleball sessions, with a further 52.4% only active once a week.

We plan to continue developing the sport of pickleball, ensuring that the clubs, sessions and community groups have the required

resources to grow and flourish. We are hoping to encourage more of our leisure centres to offer sessions, and we are also looking to host the first level 1 & level 2 pickleball coaching courses in Wales.

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“Thoroughly enjoyed learning a new sport and skills, meeting new people and getting more active. It has helps me physically and mentally.”

“I am someone who never played sport really when I was younger. Pickleball was a great way to get me into a sport without it being intimidating to start.”

“We play for two hours on a Monday night, where I usually end up doing about 12,000 steps during the session. It's a workout but doesn't feel like one at all - you're playing games for 2 hours and having fun.”

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