

10 Reasons why Ping Pong (Table Tennis) benefits us individually

#1 Ping Pong is a **fun and physical activity**. Its easy to play, but difficult to master. There are so many variations of social ping pong, so you'll always have more challenges to look forward to.

#2 There are **no barriers to entry**. The game transcends age, gender, social and ethnic differences.

#3 **Anyone of any skill level** can pick up a bat, and immediately have fun playing. You don't really need any skill to enjoy yourself, but with every shot played you quickly become more confident.

#4 It can be fast-paced with bursts of activity and recovery. It **benefits development of different muscle groups, but is easy on the body**. You can play ping pong to your own capabilities and limitations and still have a good game.

#5 Playing **improves hand-eye coordination** and it stimulates mental alertness, concentration and tactical strategy. This makes it the perfect game for young people to sharpen reflexes, and for older people to refine tactics around the table.

#6 Ping pong is a **fantastic social game**. By playing, you'll get to meet new people and make new friends.

#7 Playing socially may provide an entry into more structured or **competitive table tennis**. Table Tennis is the standardized global sport, governed by the ITTF.

#8 It is **quick to set up a game, requiring simple equipment** and relatively small space to play. Variants of social and informal ping pong evolve in response to the spaces they're played in.

#9 It is a **very safe activity**. Compared to many sports, there are very few health and safety concerns.

#10 Ping pong **can be played all year round, day or night** – it is a non-seasonal game.

ALOHA
TABLE TENNIS
ASSOCIATION



TABLE TENNIS • PING PONG

Aloha Table Tennis Association (ATTA) is a full time Table Tennis (Ping Pong) facility.

A Hawaii Non-Profit Corporation

Our mission:

To support and develop amateur table tennis athletes and to promote table tennis and physical fitness.

Hours

Monday to Friday 3:00pm to 9:00pm
Saturday & Sunday 1:00pm to 9:00pm

Hours subject to change, please visit our website for updates.

Private and Group lessons are available



2412 Rose Street, #203
Honolulu, HI 96819
(808) 275-5775

www.AlohaTableTennis.org