

Spin & Smash offers Leagues, classes and coaching, along with USATT-sanctioned and unsanctioned tournaments. We also host fundraisers, youth and corporate events. Call us or visit our website [www.spinandsmash.com](http://www.spinandsmash.com) or [www.omnipong.com](http://www.omnipong.com) for details and tournament registration.

## ADDRESS

9525 State Route 161 West  
Plain City, OH 43064

## CONTACT US

Spin & Smash Table Tennis & Ping Pong Center  
(614) 937-1626  
[dave@play3tc.com](mailto:dave@play3tc.com)  
[www.spinandsmash.com](http://www.spinandsmash.com)



## SPIN & SMASH TABLE TENNIS & PING PONG CENTER



Spin & Smash Table Tennis & Ping Pong Center is a 501(c)(3) charitable organization. All are welcome to join our diverse community of players who interact socially in fun, friendly and competitive ping pong.

As a member of USA Table Tennis, we are dedicated to the training and education of players and coaches in the Olympic sport of table tennis through professional coaching, online learning, tournaments, world class Butterfly equipment, and promotion of fair play on and off the court.

We're supported by memberships, drop-in play, pro shop, sales, class and coaching fees, tournaments, events, donations and grants.



## DO I NEED TO BRING MY PADDLE?

Sure, if you have one. But if you don't, we carry Butterfly paddles, rubber and accessories – all the equipment you need to get playing – from pre-assembled to custom paddles.

## MEMBERSHIPS

You don't need to be a member to play at Spin & Smash, but it could save you money, depending on how often you play. We offer a wide variety of membership options.

See [www.spinandsmash.com/membership/](http://www.spinandsmash.com/membership/) for details.

## BENEFITS OF TABLE TENNIS

Like most sports, table tennis offers great mind-body stimulation, aerobic exercise, and social interaction. Unlike many sports, however, the overall risk for injury with table tennis is quite low.

- It improves hand-eye coordination
- It improves reflexes
- It's easy on the joints
- It burns calories
- It keeps your brain sharp
- It is utilized as a treatment for dementia
- It improves balance
- It improves strength, speed and agility, with a low risk of injury



## HOURS

We're open 10 am – 10 pm Monday – Friday, 10 am – 6pm on Saturdays and noon to 10pm on Sundays. Hours might change for special events, holidays and tournaments.

## SPECS

Spin & Smash has 10,000 sf of playing space, up to 18 tables, a 30' ceiling, sports flooring, pro shop, a feature court for tournaments and plenty of seating. Spectators are always welcome, free of charge.

## EVENTS

Spin & Smash is available for fund-raisers, corporate events, parties, celebrations and private tournaments. We can rent you space, or help you manage your event. Tournament direction is also available.