



PICKLEBALL

GET READY FOR PICKLEBALL!

Want to try a sport that's fun, social and easy to play? We are very excited to introduce "The Fastest Growing Racquet Sport in North America"... Pickleball! Dynamic, easy to learn, fun and challenging for all ages and skill levels. It is truly the "ultimate sport for all". Combining many elements of tennis, badminton and table tennis, Pickleball is played on a court the same size as a doubles badminton court, with a net, a ball like a Wiffle ball and a paddle that is larger than a ping-pong paddle but smaller than a tennis racket.

LESSON FORMAT:

WARMUP: 5-7 minutes of players hitting forehands, backhands and volleys focusing on cooperative rallying.

SKILL BUILDING DRILLS: Players have the opportunity to practice the same shot in repetition with their instructor focusing on technique.

SITUATIONAL DRILLS/LIVE BALL DRILL: Your instructor will create game situations where specific shots can be used in a real match. These situational drills bring together all elements of Pickleball.

PLAY TIME: Players will put together what they learned during the lesson in a real match play.

RATES:

GROUP LESSONS:

\$25 per person
(Minimum of 3 people required)

Work with our coaches to learn the technique, shots and tactics and start playing competitively.

Space is limited to eight people each court hour and preregistration with 24-hour cancellation is required. Sign-up in person at the Front Desk.

DROP-IN PLAY:

\$6 per person

Casual drop-in play (singles or doubles) with other members for fun and a great workout.

COURT AVAILABILITY:

DAYS	TIME	COURT
Mon – Sun	7AM – 8AM	Court 8
Mon – Fri	12PM – 1PM	Court 8
Sat	5PM – 6PM	Court 8
Sun	7PM – 8PM	Court 8

For more information contact
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