

PICKLEBALL LESSONS

Instructed by: Bob McIntyre

Ridgewood Baptist Church

MIN 4

MAX 8

Pickleball for Beginners

Come have fun, get some exercise and learn the fastest growing sport in America for all ages and abilities – PICKLEBALL – a great game with a strange name. This class is intended for first time pickleball players or beginning players who have not had formal pickleball instruction. Come with a friend or come alone and be paired with a class partner. You will learn the basic shots of pickleball in the sequence of the game along with the basic rules and etiquette of the game. You will become comfortable keeping score and moving on the court playing doubles. Time will be given to play games after instruction to apply what has just been taught. Paddles will be provided or bring your own. Wear good indoor court shoes. Eye protection is recommended but optional. Helpful resources will be e-mailed to registered students. WEARING A MASK IS REQUIRED.

Code	Day	Dates	Times	Fee
332001-01	Th	1/14, 1/21, 1/28	8:00 – 10:00 AM	\$30

PICKLEBALL DRILLS & SKILLS WORKOUTS for EQUALLY SKILLED PARTNERS

Most everyone agrees you can't improve playing a game by just playing the game. Come improve your pickleball skills with multiple workouts of repetitive drills. With instruction and demonstrations, the basic shots of the game will be repeated multiple times in various drills. The basic shots include serves, return-of-serves (drives), drop shots, dinks, volleys/blocks, lobs and overheads. At the end of each session, time will be given to play a game applying what's been drilled. Bring your own paddle. Wear good indoor court shoes. Eye protection is recommended but optional. Helpful resources will be e-mailed to registered students. WEARING A MASK IS REQUIRED. Register separately but come with an equally skilled partner.

Code	Day	Dates	Times	Fee
332001-03	Th	1/14, 1/21, 1/28	10:15 AM – 12:15 PM	\$30

PICKLEBALL JUMP START FOR EXPERIENCED RACQUET PLAYERS

DESCRIPTION: For anyone with experience playing a racquet or paddle sport, get a quick start to the great sport for all ages – PICKLEBALL – a fun game with a strange name. The first hour will quickly cover the main shots of the game in game scenarios. You will then quickly learn the basic rules, etiquette, how to keep score, and how to setup and move on the court playing doubles. Time will be given for one or more quick games. Paddles will be provided or bring your own. Wear good indoor court shoes. Eye protection is recommended but optional. Helpful resources will be e-mailed to registered students. WEARING A MASK IS REQUIRED.

Minimum 4. Maximum 8.

Code	Day	Dates	Times	Fee
332001-02	Th	2/4	8:00-10:00 AM	\$10
332001-04	Th	2/4	10:15 AM -12:15 PM	\$10