

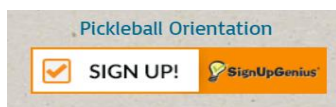


PICKLEBALL ORIENTATION

A two-hour class for those who have never played pickleball. Players will be introduced to the basic skills necessary to play the game. Paddles will be provided. Player's skills will be evaluated during the session. As a result of the evaluation, players will be directed to the next appropriate class.

Sign up online at:

www.gvrpickleball.org



PICKLEBALL 101

Four, 2-hour sessions for beginning players. In-depth explanations and drills on basic skills, court positioning, rules, and scoring are practiced. The fourth session will culminate in a coaches assisted tournament. Individual assessments will be given to each player.

Classes are offered November through April. Sign up through the GVR Fall or Winter catalog available at any GVR social center office or online at: <http://www.gvrec.org/activities/gvr-discover/classes/>



DEVELOPING SKILLS 1

This is a 1.5-hour game play coaching session for beginning players. Prerequisite October – April is PB101 or Pickleball Orientation. During the summer months, May-September, anyone interested in learning to play can sign up. These sessions cover strategy, drills, rules and enhancing previously learned basic strokes.

Paddles and balls will be provided if you do not have your own. You are expected to join the Pickleball Club after 4 sessions of play.

Sign up online at:

www.gvrpickleball.org



PICKLEBALL 201

Three, 2-hour sessions for intermediate players. Prerequisites: PB 101 or a 2.5 skill level or higher.

While reviewing the basic skills taught in Pickleball 101 this class also will introduce third shot options, lobs, covering the lob, team strategies and positioning on the court.

PICKLEBALL 202

Pickleball 202 This is a sequel to Pickleball 201 but can be taken without having completed PB 201 because all skills are reviewed before additional skill progressions are introduced.

The major emphasis is developing a third shot with a strong focus on the soft game, especially the third shot drop. Additional skills introduced are NVZ lob, smash, and backspin return of serve. The importance of footwork, movement, angles, and team strategies are introduced.

PLAY SMART PICKLEBALL

This is a 3-week course for advanced beginner and intermediate players. Strategies, shot selection, and court position in order to play Smart Pickleball will be taught. You will learn how to execute the different shots needed to advance your game.

Pickleball 201, Pickleball 202 and Play Smart Pickleball are offered November-April. Sign up through the GVR Fall or Winter catalog available at any GVR social center office or online at:

<http://www.gvrec.org/activities/gvr-discover/classes/>



IMPROVE YOUR GAME SKILLS

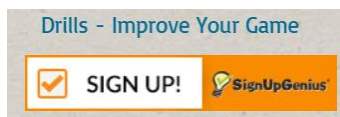
A 2-hour drill session concentrating on one specific skill.

You must be a GVR pickleball club member to sign up.

Sign up in your correct skill level.

Sign up online at:

www.gvrpickleball.org



FRIDAY DRILLS WITH MARK (3.5 and above)

The class is intended for 3.5+ or 4.0 players.

The purpose of the Academy is to provide coaching and drills for the competitive and tournament player. We will cover all areas of the game:

1. Short game net drills
2. Third shot drills
3. Drive & Volley drills
4. Shot placement
5. Tactical team drills
6. Control & spin drills

Sign up online at:

www.gvrpickleball.org



HOW TO READ THE SCHEDULE

time	Mon
7 - 11:00	3.5, 4.0+ Cts 1-8
11:00 - 2:00	3.0 Cts 1-8
2:00 - 4:00	2.0/2.5 RR Cts 7&8 Drop in Cts 1-6
4:00 - 5:30	Drop in Cts 5-8 Reserved 1-4
6:00 - 9:00	4.0+ Cts 5-8 Drop in Cts 1-4

Focus Play

Choose the level that matches your skill (2.0/2.5 Beginners, 3.0 Advance Beg., 3.5 Intermediate, 4.0+ Advanced). Check the time on the schedule. When you arrive place your paddle at the end of the line. When a court opens up the next 4 paddles will play together. If you have a partner, stack your paddles together.



Drop In

The same procedure is used as in Focus Play. The only difference is that there will be players of all different skill levels.

RR Shootout (Round Robin)

Much like Focus Play these games are divided into skill levels. A round robin format will be used with new partners in each round.

You must sign up online at:

www.gvrpickleball.org



Reserved Courts

Courts can be reserved, during designated times, in 1.5-hour blocks.

You must sign up online at:

www.gvrpickleball.org



Need More Information?

From our website:

www.gvrpickleball.org

Choose "Contact Us"

From the dropdown menu choose "Need More Information?"

