



BEGINNER PICKLEBALL PROGRAM: WEEKLY SCHEDULE

Fall 2018: October 1st-December 16th, 2018
No Classes: November 19th-24th, December 17th-December 31st

SIGN UP 6 DAYS IN ADVANCE
Sign-ups Starting at 8:30am

Check in at 9:50am ON COURT: Classes Run 10:00AM-11:50AM

<u>PB100 Classroom Session</u>	<p><u>CLASSROOM Session:</u> Introduction to Pickleball Class room program. Tuesdays at 11:00am at the Burnsed Recreation Center. Sign-up required starting 6 days in advance call Burnsed at 674-8430.</p>	<u>*PB 100* Court Session</u>	<p>Following PB100 Classroom session, sign up for the *PB100* on <u>Court Class</u> at Burnsed on Thursday's. Prerequisite is completing PB100 classroom session. Sign-ups will take place after class room session is completed.</p>
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	MON	TUES	WED	THUR	FRI	SAT
PB101 Introduction	Saddlebrook 259-5377	Sterling Heights 753-4510	Captiva 259-7422	*PB100* Burnsed 674-8430 ----- El Santiago 753-1410 10/11, 11/8,12/13	Bradenton 674-8380	1 st and 3 rd Colony Cottage 750-1935 10/6, 10/20, 11/3, 11/17, 12/1, 12/15
Beginner Practice/ Drills		Odell 750-2700			Manatee 674-8411	
PB102 Strokes		Big Cypress 674-8385		Colony Cottage 750-1935		2 nd and 4 th Sea Breeze 750-2488 10/13, 10/27, 11/10, 12/8
PB103 Essential Strategies			Moyer 674-8440		Sterling Heights 753-4510	
YOU WILL FIND A FULL DESCRIPTION OF THE CLASSES ON PAGE 2						

SIGN UP PROCESS FOR THE LESSONS LISTED

Visit (preferred) or call the center, 6 days in advance of the lesson to sign up. Ex. Lesson is on Tuesday, sign up is the prior Wednesday. Residents need phone number and ID Card. You may only sign up yourself and one other, but you must have their details with you.

DISCLAIMER

If classes are canceled due to inclement weather, or if a resident calls to cancel, the resident will need to sign up again for the next class. Recreation Dept. will not cancel these lessons until 30 minutes prior to class. (9:30am). We ask residents to check with the appropriate center for cancellations.

www.pickleballcommunity.com

**GIVES INFORMATION ON ALL PICKLEBALL ACTIVITIES IN THE VILLAGES
SIGN UP FOR EMAIL UPDATES AT... pickleballcommunity@gmail.com**

Any further questions about the Program should be directed to the Recreation Center at which the class is at.

Feel free to visit www.districtgov.org for more detailed information on Recreation.

**BEGINNER [BEG] and ADVANCED BEGINNER [ADV BEG] OPEN PLAY SESSIONS (Players of your level) NO SIGN UP IS
REQUIRED FOR THESE SESSIONS**

	MON	TUES	WED	THUR	FRI	SAT / SUN
BEG Student	Bradenton 10-11:50 Eisenhower 10-11:50 Mulberry 10-11:50 [4]	Colony Cottage 12-1:50	Big Cypress 10-11:50 Colony Cottage 12-1:1:50 Manatee 2-3:50 Saddlebrook 10-11:50	Big Cypress 10-11:50 Chula Vista 10-11:50 Manatee 2-3:50 Paradise 10-11:50	Eisenhower 10-11:50 Fishhawk 10-11:50	Allamanda SA 10-11:50 Coconut Cove SA 12-1:50 Rohan SA 10-11:50 Captiva SU 12-1:50 Big Cypress SU 10-11:50 Coconut Cove SU 12-1:50 Odell SU 10-11:50 Mulberry SU[4] 10-11:50 Saddlebrook SA 10-11:50
ADV BEG Graduate	Big Cypress 10-11:50[3] Captiva 10-11:50 Laurel Manor 4-5:50	Colony Cottage 10-11:50 Coconut Cove 10-11:50	Sea Breeze 10-11:50 Fish Hawk 10-11:50 Chula Vista 10-11:50 Mulberry 10-11:50 {2}	Coconut Cove 2-3:50 Odell 10-11:50 Eisenhower 10-11:50	Big Cypress 10-11:50 Chula Vista 10-11:50	Bradenton SA 10-11:50 Lake Miona SA 5-6:50 Truman SA 10-11:50 CoconutCoveSU 10-11:50 Eisenhower SU 12-1:50 Colony SU 4-5:50

STUDENTS ARE ENCOURAGED TO PLAY AT APPROPRIATE COURTS SUITABLE TO BEGINNER LEVEL

Open Play at courts from 7-10am throughout The Villages is not recommended for students.

DESCRIPTION OF LESSONS

PB100	Classroom Session - Informational session taught by PB101 instructors to educate attendees on the physical demands and safety requirements to successfully take *PB100* or PB101. Provide glimpse into the sport of Pickleball.
PB100	Court Session : Prereq. is PB100 classroom. Cover similar items to PB101 in a faster paced environment.
PB101	Introduction to Pickleball – Learn safety; the Game; Rules; Fundamentals, including stance, grip, forehand and backhand strokes and how to serve; start playing a game to learn court positioning At this stage, you have been exposed to basic aspects of the game and rules and can begin to play at the neighborhood / social level. [Roughly equivalent to 1.0 Beginner .]
Beginner Practice/ Drills	Beginner Practice/Drills - Optional - Prerequisite *PB100* or PB 101. Work with an instructor to achieve a 70% level with serves, return of serves, scoring, and handling slower hit balls. Learn how to practice/drill to improve your play
PB102	Strokes - Prerequisite *PB100* or PB101 and practiced enough to have reached 70% performance level in serving, returning serves, scoring and handling slower hit balls, while playing in 20+ games. Review playing safely, practice basic strokes; learn new strokes, block shots, volleys, overheads and lobs. Play games while working on position and rules. (Roughly equivalent to 1.5 Beginner) If your physical condition precludes running to the net frequently, you will probably be most comfortable staying at this level of play. For those who are more active and want to be more competitive, there's more...
PB103	Essential Strategies – Prerequisites *PB100* or PB101 & PB102. Most players should improve their play by 50%. Best serve and return of serve strategies...correct court positioning, shot preparation like the pros...prime shot locations...best way to handle the bangers...lobs how to hit them & how to defend them PB103 graduates are at the 2.0 Beginner level.

At all levels of instruction we are recommending that students practice what they have learned for two weeks before they progress to the next class level. While you are in the Beginner Program, practice is very important to help you master your new skills. Look in the Recreation News or check the schedule above for Beginner Play. That is court time set aside for students so they can feel comfortable to develop their game with players at a similar level.

Once you "graduate" from PB103, look for Advanced Beginner Play times. As your play and confidence level improves, you'll be interested in Open Play times. All courts are Open Play from 7-10am and at many other times during the day when nothing else is scheduled. You'll soon be a **2.5 Advanced Beginner**.

BEGINNER'S TOURNAMENTS

Bradenton Recreation Center, 674-8380, Tuesdays

Sign up at any Regional Recreation Center

Tournament Date

Sign up dates

Tuesday, December 11, 2018

November 23 – December 7, 2018