



BEGINNER PICKLEBALL PROGRAM: WEEKLY SCHEDULE

Winter 2019: January 2 – March 31, 2019

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

<p>PB100 Classroom Session</p>	<p>CLASSROOM Session: Introduction to Pickleball Classroom Program. Tuesdays at 11:00am at the Burnsed Recreation Center. Sign-up required starting 6 days in advance call Burnsed at 674-8430.</p>	<p>*PB 100* Court Session Highly recommended to take classroom and court session in the same week.</p>	<p>Following PB100 Classroom session, sign up for the *PB100* <u>Court Class</u> at Captiva on Wednesdays or Burnsed on Thursdays at 10am. Prerequisite is completing the 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
<p>PB101 Introduction</p>	<p>Saddlebrook 259-5377</p> <hr/> <p>Spanish Moss (Fenney) 674-8460 1/14, 2/11, 3/11</p>	<p>Sterling Heights 753-4510</p>	<p>*PB100* Captiva 259-7422</p>	<p>*PB100* Burnsed 674-8430</p> <hr/> <p>El Santiago 753-1410 1/10, 2/14, 3/14</p>	<p>Bradenton 674-8380</p>	<p>1st and 3rd Colony Cottage 750-1935 1/5, 1/19, 2/2, 2/16, 3/2, 3/16</p>
<p>Beginner Practice/ Drills</p>		<p>Odell 750-2700</p>			<p>Manatee 674-8411</p>	
<p>PB102 Strokes</p>		<p>Big Cypress 674-8385</p>		<p>Colony Cottage 750-1935</p>		<p>2nd and 4th Sea Breeze 750-2488 1/12,1/26,2/9, 2/23, 3/9, 3/23</p>
<p>PB103 Essential Strategies</p>			<p>Moyer 674-8440</p>		<p>Sterling Heights 753-4510</p>	

YOU WILL FIND A FULL DESCRIPTION OF THE CLASSES ON PAGE 2

SIGN UP PROCESS FOR THE LESSONS LISTED

Visit (preferable) or call the center, 6 days in advance of the lesson to sign up. Ex: Lesson is on Tuesday so sign up is the previous 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 Rohan 10-11:50 (6)	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 FRI 10-11:50 Fishhawk FRI 10-11:50 Allamanda SA 10-11:50 Bacall SA 10-11:50 Coconut Cove SA 12-1:50 El Santiago SA 10-11:50 Rohan SA 10-11:50 [6]	Captiva 12-1:50 Big Cypress 10-11:50 Coconut Cove12-1:50 Odell 10-11:50 Mulberry [4] 10-11:50
ADV BEG Graduate	Big Cypress 10-11:50 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 Eisenhower 10-11:50	Coconut Cove 2-3:50 Odell 10-11:50 Eisenhower 10-11:50	Big Cypress FRI 10-11:50 Chula Vista FRI 10-11:50 Bradenton SA 10-11:50 Lake Miona SA 5-6:50 Truman SA 10-11:50	CoconutCove10-1150 Eisenhower 12-1:50

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 all items in 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 the 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 PB101 or *PB100* 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 positioning 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 PB101 or *PB100* & 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

Sign up at any Regional Recreation Center

Tournament Date

Sign up dates

Tuesday, March 12, 2019

February 22nd – March 2nd, 2019