PICKLEBALL LESSONS

AT THE LANDING Y

Beginner & Intermediate Classes Available!

6 Week Training Program Beginning April 20

Beginner Pickleball: Thursdays from 5–6:30 p.m.

Intermediate/Advanced Intermediate: Thursdays from 3:30–5 p.m.

$90 for Members · $130 for Community Members

BEGINNER CLASS

Designed for beginning players, whether brand new or fairly new to the game. We will focus on:

- The proper grip, ready position, basic footwork, and split step
- How to serve, return of serve, dink shot and third shot drop
- Forehand and backhand strokes and body position
- How to "watch" the ball to improve your vision of the court and the ball
- Forehand and backhand punch volley
- An introduction to better seeing and handling fast balls at the net
- And as always in Pickleball, having a lot of fun!

INTERMEDIATE/ ADVANCED INTERMEDIATE CLASS

Designed for intermediate players up to the 3.5 skill level interested in improving their game. We will focus on:

- Increasing visual processing speed and reflex speed
- Increasing useful field of vision
- Increasing cognitive processing speed
- Improving your vision of the court and the ball
- Improving serve, return of serve, drops and drives, and forehand and backhand volleys
- Learning drills and games to continue your progress
- And as always in Pickleball, having a lot of fun!

Pickleball Instructor Steve Raymond is testing for certification as IPTPA Level 2 Certified Coach. His professional career began as an RN in critical care with 25 years in senior care. He is an educator, writer, public speaker and television producer of shows on healthy aging and maintaining optimal brain health. His sports training background was primarily in martial arts and basketball. He is an avid senior player and proud Pickleball addict, believing that "Pickleball is a primary Public Health intervention!"

SIGN UP ONLINE AT BATHYMCA.ORG/REGISTER

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