



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PICKLEBALL

Pickleball is a combination of tennis, badminton, ping pong, and racquetball. It is one of the fastest growing sports in America. **It's a low-impact game that's easy to learn, great exercise, a great way to meet new people, and A LOT of fun!**

Sessions are held at the Sawmill Branch at the following times*:

Day	Level	Time	Courts
Monday	Open Play	9:00 - 11:00 a.m.	3 Courts
	Beginner/Advanced Beginner Play	11:00 - 1:00 p.m.	3 Courts
	Advanced Play	1:00 - 3:00 p.m.	3 Courts
Tuesday	Skills & Drills Clinic*	9:00 - 11:00 a.m.	3 Courts
	Beginner Lessons & Drills	2:00 - 4:00 p.m.	3 Courts
Wednesday	Open Play	9:00 - 11:00 a.m.	3 Courts
	Beginner/Advanced Beginner Play	11:00 a.m. - 1:00 p.m.	3 Courts
	Open Play	1:00 - 3:00 p.m.	3 Courts
Thursday	Advanced Play	9:00 - 11:00 a.m.	3 Courts
Friday	Open Play	9:00 - 11:00 a.m.	3 Courts
	Beginner/Advanced Beginner Play	11:00 a.m. - 1:00 p.m.	3 Courts
	Open Play	1:00 - 3:00 p.m.	3 Courts

*Clinics and lessons are open to all ability levels to improve your game. Space is limited! **Pre-registration is required! Register online at hamiltonymca.org.**

Definitions

- **Beginner (1.0 - 2.0 rating):** New to Pickleball. Learning strokes, serve, positioning, scoring, and rules. Can hit short rallies. Working on improving.
- **Advanced Beginner (2.5 rating):** Developing forehand, backhand, serve, dinks and volleys. Sustains longer rallies. Starts playing at Non-Volley Zone. Can score and play games.
- **Intermediate/Advanced Intermediate (3.0 - 3.5 rating):**
 3.0: Improving forehand, backhand, serve, dinks and volleys. Starting third shot drops, varying shots and speed, working on control. Learning lobs with a purpose. Playing at net. All of this on a more consistent basis.
 3.5: Dependable strokes as above, more aggressive net play, anticipating opponent shots. Working on third shot drops, dinks, soft shots, pace, angles, lobs, team work and court positioning.
- **Advanced (4.0 - 4.5 rating):** Consistent, dependable strokes with directional control and depth and pace. Uses all strokes including lobs, volleys and approach shots and can force errors. Consistently using third shot drops, sinks, spins. High level of opponent shot anticipation. Teamwork and court positioning evident.

There is a \$5.00 drop-in fee per session. A Hamilton Area YMCA membership is not required.

To sign up for cancellation notifications, text "HAYPickleball" to 84483.

Contact Erik Wiener at ewiener@hamiltonymca.org for information on group lessons.

Hamilton Area YMCA - Sawmill Branch
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