



BOARD CERTIFIED COACHING AT VERY AFFORDABLE RATES

PICKLEBALL BEGINNER CLINIC

- WHEN:** 10 CLASSES ON SATURDAY MORNINGS
STARTING MAY 6, 2023 & ENDING JULY 8, 2023
- TIME:** 8:00 am – 9:00 am
- WHERE:** WISMER PARK, 980 BUR OAK AVENUE, MARKHAM
- CLASS SIZE LIMIT:** FIRST 8 TO REGISTER
- COST:** \$80
- REGISTRATION:** Shirley Wong
Ph: 905-887-8131

CLINIC CURRICULUM

- Warm up Exercises to Prevent Injuries
- Pickleball rules
- How to Score
- Drop & Underhand Serve/ Returning Serve
- Theory & Reasons behind Dinking
- Rallies with a Soft Touch
- Introduction to Various Pickleball shots
- Introduction to 3rd Shot Drop
- Returning Lobs safely to prevent falls
- Hitting Around the Post Shots
- Fun Open Play and Skill Assessment