



**LEARN
GET FIT
HAVE FUN**

Pickleball Instruction SOUTHEAST FAMILY YMCA



Come on out and participate in our new Pickleball Clinics. They will focus on skills and techniques to assist players of any skill level improve their game as a whole. We will have three accomplished instructors that will be hands on the entire class, including point by point game analysis. It doesn't matter your level or rank. Improving your Pickleball game is focus of these clinics. This is a great way to meet people and have fun while getting fit!

Zero, Zero, Start: Core Skills

This clinic will focus on safety, ready position, etiquette, continental grip, player positioning, split, cross stepping, serving, dinking, and game play with point to point analysis for all skill levels.

Pickle FUNdamentals: Strokes and Strategies

Strokes: ground, volley, drive, lobs, overhead, third shot, dinking, drop shot, and shot selection; lateral moving and partner shadowing; Game play with point to point analysis for all skill levels.

Cookin' in the Kitchen: Mastering the short game

This clinic will focus on Kitchen strategies and techniques: third shot, working your way to the kitchen, dinking, blocking, drop shots, when to lob, partner shadowing, communication, and set up.

Sunday, January 15	4:15-6:15pm : Cookin' in the Kitchen
Friday, January 20	1:00-3:00pm : Pickle FUNdamentals
Sunday, January 22	4:15-6:15pm : Pickle FUNdamentals
Friday, January 27	1:00-3:00pm : Zero, zero, Start
Sunday, February 12	4:15-6:15pm : Cookin' in the Kitchen
Friday, February 17	1:00-3:00pm : Cookin' in the Kitchen
Sunday, February 19	4:15-6:15pm : Pickle FUNdamentals

Register for 1 or 2 clinics: Members \$25 per clinic Program members \$35 per clinic

Register for 3 or more clinics: Members \$20 per clinic Program members \$30 per clinic

- Paddles and balls will be available for use during clinics.
- Participants attire should consist of workout clothing and sneakers (no black soled sneakers, please.)
- All clinics will emphasize safety and begin with warm ups.

Register online or at the Southeast YMCA member service desk

For more information, email Dan Hoock danh@rochesterymca.org or call 341-3294