

Recreational Play at SPA

Recreational play sessions do not require a DUPR rating to play. At SPA these sessions are meant for fun, fitness and social interaction without the pressure of having to keep track of scores. Recreation fosters inclusion at all levels. If you are not aspiring to play in tournaments or want to play with less pressure, then recreational sessions are where to play.

It is fun to play with similar players even at the recreation level. With the transition to DUPR levelled play, we have removed the numerical rating from recreational play sessions. (Pickleball Canada no longer has guidelines for self assessment.)

As we head into the indoor season there will still be different sessions to choose from based on your pickleball skills. Please pick your recreational session as close as possible to the descriptions. If you prefer games with similar skilled players then maybe a DUPR session would be where you prefer to play.

Everyone Welcome

- Play open to all abilities
- Expectation for all players to be respectful and supportive (everyone was new once)
- Play to the level of the group regardless of your skill level
- Meant for fun

Intermediate Recreational

- Has solid knowledge of skills and rules of the game
- Plays regularly and understands basic strategy and focussed on keeping the ball in play
- Able to dink but still inconsistent
- Moves with a partner and communicates
- Focussed mainly on winning the point over keeping the ball in play

Advanced Intermediate Recreational

- Uses a wide variety of shots
- More consistent play, confident and strategic. Good court awareness and partner play
- Longer rallies, learning control and patience rather than trying to hit a winner every shot
- Better control over serve and placement
- Able to anticipate opponents shots and can adapt play accordingly

Advanced Competitive Recreational

- Upper level recreational play without pressure of scores (can be pre tournament play)
- Deep serves and returns that are consistently placed
- Strategic partner play, communication and fluid court movements
- Mental game demonstrating patience with shots versus just reacting
- Focussed on keeping the ball in play and to set up plays to put the ball away