

PICKLEBALL



with **Gabriel Alvarado**

**When: Beginning- November 2nd
Tuesdays, Wednesdays, & Thursdays**

Sessions:

8-8:45 AM Beginner

9-9:45 AM Intermediate/Advanced

10-10:45 AM Intermediate/Advanced

Location: Tilford Courts

PROGRAM OVERVIEW

Instructions will be presented in the following format with a 8 to 1 student to instructor ratio. Each group will enter the courts for the lessons at the scheduled lesson times. Must provide CVE ID, residents only,

SKILLS LEARNED

- Grip: Continental grip and v- grip
- Ready position
- Basic footwork
- Split step
- Dink shot
- Forehand and backhand strokes
- Serve
- Return serve

ADVANCED SKILLS

- Forehand and backhand punch volley
- Third shop drop
- Lob shots
- Overhead smash shot

CDC Guidelines must be followed while participating in Pickleball instruction.. Sessions operate on a first come first serve basis. Space is limited for physical distancing. Facial Coverings are suggested when not actively exercising, Maintain 6 feet at all times from other participants, **Failure to abide by the rules will result in loss of Clubhouse privileges.**