

# PICKLEBALL



with Gabriel Alvarado

**When: Wednesdays**

**Sessions:**

**8-8:45 am Beginner**

**9-9:45 am Intermediate/Advanced**

**10-10:45 am Intermediate/Advanced**

**Location: Clubhouse Courts**

## PROGRAM OVERVIEW

Instructions will be presented in the following format with a 10 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. Sanitize hands upon entry to court, Sessions operate on a first come first serve basis. Space is limited for physical distancing. Facial Coverings must be worn at all times 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.**