



PICKLEBALL INSTRUCTIONAL PROGRAM: WINTER 2021 SCHEDULE

January 4 - April 2

Lesson Time: 10AM-11:50AM

Check In at the Pickleball Courts at 9:45AM

	MON	TUES	WED	THUR	FRI	SAT
PB100 Virtual Classroom	<p>All videos are found at pickleballcommunity.com. Select "PB100 virtual classroom."</p> <p>These must be viewed prior to signing up for PB 100 on court</p>					
PB100 On-Court	Everglades 674-8434		Lake Miona 430-2950		Riverbend 674-8455	
PB100 Drills		Odell 750-2700		Water Lily 674-1962		
Skills Clinics	Non Volley Zone Concepts Bacall 350-2281		Strategy and Positioning Concepts Captiva 259-7422	Full Court Concepts Bradenton 674-8380		

Always check with your health care provider prior to participating or visiting any recreation center. If you are sick, or have symptoms of fever, cough, shortness of breath or recently exposed to COVID-19 please do not come to any recreation center or facility until you have doctor clearance. Stay at least 6 feet away from others. Wearing a mask is required if 6 feet cannot be maintained between you and any other individuals. *Mask will be worn when not actively playing* Bring your own mask, water bottle, hand sanitizer, and sanitation wipes.

SIGN UP PROCESS

In Person registration begins at 8:30AM, 6 days prior to the lesson. Phone registrations begins at 9:30AM, 6 days prior to the lesson. Example: if the lesson is on Tuesday, registration begins the previous Wednesday at 8:30am for in person and 9:30am via phone. Interested participants must register at any Regional Rec. Center Monday through Friday 8:30am to 4pm. Weekend Registration Services are offered at La Hacienda, Lake Miona, Eisenhower, Rohan, and Everglades Rec. Centers from 8:30am to Noon. You'll need to provide all contact information and your Villages ID. You may only sign up yourself and one other person, but you must have all their information with you. Guests need to call the host center the day before the scheduled activity after 4PM to check on availability. Students are required to watch training videos before attending a PB 100 On-Court session. They can be found at www.pickleballcommunity.com, then select PB100 virtual classroom.

DISCLAIMER

If classes are canceled due to inclement weather, or if resident calls to cancel, the resident will need to sign up again for a future class following the same registration process detailed above. The Recreation Department will not cancel lessons until 60 minutes prior to class unless deemed necessary for the public, health, and safety of all participants. Please check with listed center for cancellations.

www.pickleballcommunity.com

GIVES INFORMATION ON ALL PICKLEBALL ACTIVITIES IN THE VILLAGES

SIGN UP FOR EMAIL UPDATES AT...pickleballcommunity@gmail.com

Any further questions about the program should be directed to the Recreation Office at your local center. Feel free to visit www.districtgov.org for more detailed information on Recreation.

BEGINNER (BEG) and ADVANCED BEGINNER [ADV BEG] ONLY PLAY SESSIONS (Players of your level) NO SIGN UP IS REQUIRED FOR THESE SESSIONS.

	MON	TUE	WED	THUR	FRI	SAT/SUN
BEG PLAYERS	Bradenton 10-11:50 Colony Cottage 10-11:50 Eisenhower 10-11:50 Mulberry 10-11:50 [4]	Colony Cottage 12-1:50 Canal 10-11:50 Moyer 10-11:50 Riverbend 10-11:50	Big Cypress 10-11:50 Saddlebrook 10-11:50 Colony Cottage 12-1:50 Manatee 2-3:50	Big Cypress 10-11:50 Chula Vista 10-11:50 Rohan 10-11:50 Paradise 10-11:50 Canal 10-11:50 Manatee 2-3:50	Eisenhower 10-11:50 Fish Hawk 10-11:50	Bacall SA 10-11:50 Rohan SA 10-11:50 Coconut Cove SA 12-1:50 Mulberry SU 10-11:50 [4] Big Cypress SU 10-11:50 Odell SU 10-11:50 Coconut Cove SU 12-1:50 Spanish Moss 2-3:50 [3] Captiva SU 10-11:50
ADV BEG PLAYERS	Big Cypress 10-11:50 Captiva 10-11:50 Laurel Manor 4-5:50	Colony Cottage 10-11:50 Coconut Cove 10-11:50	Eisenhower 10-11:50 SeaBreeze 10-11:50 Fish Hawk 10-11:50 Chula Vista 10-11:50	Eisenhower 10-11:50 Odell 10-11:50 Coconut Cove 2-3:50 Riverbend 10-11:50 Mulberry 10-11:50 [2]	Big Cypress 10-11:50 Chula Vista 10-11:50	Bradenton SA 10-11:50 Truman SA 10-11:50 El Santiago SU 10-11:50 Coconut Cove SU 10-11:50 Eisenhower SU 12-1:50 Colony Cottage SU 4-5:50

STUDENTS ARE ENCOURAGED TO PLAY AT APPROPRIATE COURTS SUITABLE TO BEGINNER LEVEL

Open Play at courts from 7-10am throughout The Villages is not recommended for students.

Description of Classes & Clinics

PB100 Virtual Classroom	Introduction to Pickleball: **All PB 100 Classroom Sessions are on hold due to COVID-19**. A virtual classroom is now available at pickleballcommunity.com , then select PB100 virtual classroom This is required viewing prior to attending PB100 On Court.
PB100 On Court	Prerequisite is PB 100 Classroom: Students will learn the physical demands of the game, as well as balance, footwork, and movement. Through eye-hand coordination drills & paddle drills they will learn paddle & ball interaction. Learning basic serves, ground strokes and dinks will prepare them to play. Instructors will advise students when they are ready to move on to PB100 Drills.
PB100 Drills	Strokes - Prerequisite is PB 100 On-Court: Students will be taught how to practice and drill on their own through a series of drills. Focusing on the strokes learned in PB100 On-Court, the students will dink, serve, and hit both forehand and backhand ground strokes. Some students, with advanced skills, may be taught additional strokes. Instructors will advise students when they are ready to move on to Skills Clinics.

Skills Clinics listed below are for Beginner and above players which includes those graduates of the PB100 series *and* after a recommendation from your PB100 Drills instructor. Those experienced players not trained in The Villages but meeting the requirements of Beginner players may also sign up for Skills Clinics.
Please see Pickleballcommunity.com for all rating descriptions.

Skills Clinic	<p>Non Volley Zone Concepts: Through a games-based approach to learning, participants will develop the techniques and tactics for successful play at the non-volley zone. Tactical aspects include creating open space, ball-pace variations, and moving opponents. Technical emphasis will include ideal strike zone, angle of the paddle face, and pathway of the paddle so as to achieve a variety of shots.</p> <p>Full Court Concepts: This course helps to develop transitional play from the baseline to the non-volley zone as well as deep court play. Emphasizing the tactics of play and supported by a variety of stroke techniques. Participants will learn ideal serve and return options, the drop shot, and hitting groundstrokes with depth. Individuals will be actively engaged in this games-based session.</p> <p>Strategy and Positioning Concepts: Through a games based approach the focus will be on strategy and positioning including purposeful drop shots, dinking, diffusing balls with pace, increasing consistency, and positioning for success</p>
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At all levels of instruction, we are recommending that students practice what they have learned. Look in the Recreation News or check the schedule above for Beginner Play. That is court time set aside for students so they can feel comfortable to develop their game with players at a similar level.

BEGINNER TOURNAMENTS

- ▶ Beginner tournaments are held at Water Lily Recreation Center
- ▶ Sign up for Beginner Tournaments at any Regional Recreation Center
- ▶ It is highly recommended that you complete PB100 On-Court prior to playing in a Beginner Tournament
- ▶ Beginners do NOT need to be rated but if they are they MUST be rated at 2.5 or lower level

Tournament Date/Time	Sign-up Dates
February 17th @ 9AM	Jan. 21st - Feb. 12th
December 15th @ 9AM	Nov. 18th - Dec. 10th