



PICKLEBALL INSTRUCTIONAL PROGRAM SCHEDULE

October 4 - December 17, 2021
Lesson Time: 10AM - 11:50am
Registration Required (more info below)

Check In at the Pickleball Courts at 9:45am

	MON	TUES	WED	THUR	FRI
PB100 Virtual Classroom	All videos are found at pickleballcommunity.com. Select "PB100 virtual classroom." These must be viewed prior to signing up for PB 100 on court.				
PB100 On-Court			Lake Miona 430-2950		Riverbend 674-8455
PB100 Drills		Odell 750-2700			
Skills Clinics	Non-Volley Zone Concepts Bacall 350-2281		Strategy & Positioning Concepts Captiva 259-7422	Full Court Concepts Bradenton (674-8380) Non-Volley Zone Aviary (674-8417)	

All residents and guests are to take responsibility and necessary precautions for their personal health and safety to minimize any possible exposure to yourself and others. We continue to encourage you to follow all guidance provided by the CDC as it relates to social distancing and individual responsibilities pertaining to personal preparedness, including masks.

REGISTRATION PROCESS

***In person** registration begins at 8:30am, 6 days prior to the lesson. **Phone registration** 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. **In person and phone registration must be completed at any Regional Rec. Complex Monday through Friday 8:30am to 4pm. Weekend Registration Services are offered at La Hacienda, Lake Miona, Eisenhower, Rohan, and Everglades Rec. Complexes from 8:30am to Noon.** Residents will need to provide all contact information and their Villages ID. Residents may only register themselves and one other resident. Due to the popularity of the program, Guests will need to call the host center the day before the scheduled activity after 4PM to check on availability. Please contact the host center in a timely manner should a registration need to be cancelled.

*Residents may also register online at www.districtgov.org. From the Departments drop down menu select Recreation, then select the "Click Here to Register Now" button.

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.

SIGN UP FOR EMAIL UPDATES AT...pickleballcommunity@gmail.com or visit www.pickleballcommunity.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) OPEN PLAY SESSIONS. NO REGISTRATION IS REQUIRED FOR THESE SESSIONS.

	MON	TUE	WED	THUR	FRI	SAT/SUN
BEG PLAYERS	Mulberry 10-11:50 [4] Colony Cottage 10-11:50 Eisenhower 10-11:50	Riverbend 10-11:50 Canal 10-11:50 Moyer 10-11:50	Big Cypress 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	Eisenhower 10-11:50 Everglades 10-11:50 Fish Hawk 10-11:50	Bacall SA 10-11:50 Rohan SA 10-11:50 Mulberry SU10-11:50 [4] Big Cypress SU 10-11:50 Captiva SU 10-11:50 Coconut Cove SU 12-1:50 Spanish Moss 2-3:50 [3] Odell SU 4-5:50
ADV BEG PLAYERS	Big Cypress 10-11:50	Coconut Cove 10-11:50	Eisenhower 10-11:50 Sea Breeze 10-11:50 Fish Hawk 10-11:50	Eisenhower 10-11:50 Mulberry 10-11:50 [2] Riverbend 10-11:50 Coconut Cove 2-3:50	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 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: A virtual classroom is available at pickleballcommunity.com . Select PB100 virtual classroom. This is required viewing prior to attending PB100 On Court.
PB100 On Court	Prerequisite is Virtual 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>1.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>2.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>3.Strategy and Positioning Concepts: Non-Volley Zone and Full Court Concepts should be completed before attending 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 recommend that students practice what they have learned. Look in the Recreation & Parks Publication or check the schedule above for Beginner Play. This open play court time is designed for beginner players to develop their game with players at a similar level.

BEGINNER TOURNAMENTS

- ▶ Beginner tournaments are held at designated sites
 - ▶ Sign up for Beginner Tournaments at any Regional Recreation Complex
- ▶ 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

<u>Tournament Date/Time</u>	<u>Registration Dates</u>
Feb. 16 @ Bradenton Rec Ctr.	Feb 1 - Feb 14
Dec. 15 @ Water Lily Rec Ctr.	Dec 1 - Dec 13