



Barnstable Recreation Pickleball Lesson Offering May – Sept 2024:

1. Create a Barnstable house account if you do not have one by [Clicking Here](#).

2. Round Robins:

- a. Wed, May 29th 6:00 – 8:00 PM [Click Here to Register](#)
- b. Wed, July 31st 5:30 – 7:30 PM [Click Here to Register](#)
- c. Wed, Sept 4th 5:00 – 7:00 PM [Click Here to Register](#)

A fun and competitive event, which is organized by skill level. Participants will play 6 games with varying partners and opponents. This event will be a great way to get to know people & improve your game!

3. Novice Clinics:

- a. Thur, June 13th and 20th 4:00 – 5:30 PM [Click Here to Register](#)
- b. Thur, Aug 15th and 22nd 5:45 – 7:15 PM [Click Here to Register](#)

Designed for people who recently learned to play pickleball & are ready to refine their skill sets. The lesson will focus on topics such as shot selection, skills refinement, positioning, & serve/return consistency. Qualified participants know the rules, how to serve and return, & how to keep score.

4. 90-Minute Skills Clinics for Intermediate and Advanced:

- a. **May: “Tracking with Your Paddle”** FULL
- b. **Wed, June 12th 5:00 – 6:30 PM: “The All-Important 3rd Shot”** [Click Here to Register](#)
One of the most important decisions of the game! This lesson will focus on the strategy behind dropping or driving the 3rd shot of the game. Students will learn and practice the mechanics of each shot with a focus on proper form and footwork.
- c. **Wed, June 19th 5:00 – 6:30 PM: “Winning Game Strategies, Part 1”** [Click Here to Register](#)
Part 1 of a 2-part series focusing on tips and techniques key to winning on the court through consistency and mind-set. Students will learn and practice for 60 minutes and implement through play in the last 30 minutes of the lesson. Your game will benefit from signing up for one or both lessons in the series.
- d. **Thur, July 11th 5:00 – 6:30 PM: “Winning Game Strategies, Part 2”** [Click Here to Register](#)
Part 2 of a 2-part series focusing on tips and techniques key to winning on the court through consistency and mind-set. Students will learn and practice for 60 minutes and implement through play in the last 30 minutes of the lesson. Part 1 attendance is not a prerequisite to attend Part 2.
- e. **Mon, Aug 12th 4:45 – 6:15 PM: “Working the Transition Zone”** [Click Here to Register](#)
The serving team's proper movement to the net through the transition zone is game changing and challenging. Doing so allows your team to neutralize the return team's advantage, giving your team the opportunity to set up winning rallies. This clinic will teach transition zone strategy movement, and shot selection. There is nothing like the feeling of neutralization when your team makes it smoothly to the non-volley zone!
- f. **Mon, Sept 16th 4:00 – 5:30 PM: “Footwork, Movement, & Court Positioning”** [Click Here to Register](#)

When done correctly, these three skills will impact every aspect of your game in all locations on the court. Questions to ask yourself...what am I doing with my feet after a shot? How do I move appropriately to set myself up for a shot in front of my body? Where do I go after my shot? Where should I be in relation to my partner? These questions will be addressed and you will be on your way to developing new muscle memory!

5. "Come Play with the Coaches!":

- a. May FULL
- b. Wed, June 12th 6:45 – 7:45 PM [Click Here to Register](#)
- c. Wed, June 19th 6:45 – 7:45 PM [Click Here to Register](#)
- d. Thur, July 11th 6:45 – 6:45 PM [Click Here to Register](#)
- e. Mon, Aug 12th 6:30 – 7:30 PM [Click Here to Register](#)
- f. Mon, Sept 16th 5:45 – 6:45 PM [Click Here to Register](#)

This fun and engaging one-hour lesson format includes playing games with three students on a court with one of two experienced coaches and is appropriate for intermediate and advanced students. Strategy and shot selection are reviewed and discussed to hone in on what transpired and identify alternative options. Students receive specific and actionable feedback.

6. Private Lessons: One to One

- a. Thur, May 9th 3:45 – 4:45 PM with Todd [Click Here to Register](#)
- b. Mon, June 10th 4:30 – 5:30 PM with Sophie [Click Here to Register](#)
- c. Mon, June 17th 7:00 – 8:00 PM with Todd [Click Here to Register](#)
- d. Mon, July 15th 3:45 – 4:45 PM with Todd [Click Here to Register](#)
- e. Mon, July 15th 6:15 – 7:15 PM with Todd [Click Here to Register](#)
- f. Mon, Aug 19th 3:45 – 4:45 PM with Todd [Click Here to Register](#)
- g. Mon, Aug 19th 6:15 – 7:15 PM with Todd [Click Here to Register](#)
- h. Thur, Sept 12th 5:45 – 6:45 PM with Laura [Click Here to Register](#)

This one-hour lesson is perfect for the player interested in focusing on a specific skill or strategy to increase his or her consistency on the court. Drop shots, serve consistency, footwork, mindfulness, soft hands, effective return of serve, overheads, lobs... the coach will be there for you! Fun and focused!

7. "2 and a Coach"

- a. May FULL
- b. Mon, June 17th 4:30 – 5:30 PM with Todd [Click Here to Register](#)
- c. Mon, June 17th 5:45 – 6:45 PM with Todd [Click Here to Register](#)
- d. Mon, July 8th 3:45 – 4:45 PM with Todd [Click Here to Register](#)
- e. Mon, July 15th 5:00 – 6:00 PM with Todd [Click Here to Register](#)
- f. Mon, Aug 12th 3:30 – 4:30 PM with Todd [Click Here to Register](#)
- g. Mon, Aug 19th 5:00 – 6:00 PM with Todd [Click Here to Register](#)
- h. Thur, Sept 12th 4:30 – 5:30 PM with Laura [Click Here to Register](#)

8. Beginner Clinics:

- a. Thurs, May 16th 5:00 – 7:30 PM [Click Here to Register](#) One Session
- b. Mon, June 10th 5:45 – 8:15 PM [Click Here to Register](#) One Session
- c. Thurs, June 13th and 20th 4:00 – 5:30 PM [Click Here to Register](#) Two Sessions
- d. Mon, July 8th 5:00 – 7:30 PM [Click Here to Register](#) One Session
- e. Thurs, Aug 15th and 22nd 4:00 – 5:30 PM [Click Here to Register](#) Two Sessions
- f. Mon, Sept 9th 4:00 – 6:30 PM [Click Here to Register](#) One Session

Learn to play Pickleball in two 90-minute lessons or one 2.5 hour lesson – your choice! The course will include learning the rules of the game, player positioning and the various shots (ground strokes, volleys, serves, dinks, etc). Instruction will include drills to learn shots and game playing to put the skills learned into practice. You will be off and playing upon course completion!