

# PICKLEBALL LESSONS

Have you heard of **PICKLEBALL**? Sunrise Recreation and Park District brings you one of the fastest growing sports in the nation - **PICKLEBALL!** This fun and social game is perfect for all ages, easy to learn and provides a great physical workout. If your interested in learning more about Pickleball or want to improve your game then you have found the right place!

**Premier Pickleball Trainer, Doug Koch - is working with Sunrise Recreation and Park District to offer pickleball lessons for beginners to intermediate players.**

## BEGINNING PICKLEBALL LESSONS

Teaches the rules of pickleball, technique for executing basic shots (serve, return, volley, dink), simple strategy and teamwork with doubles partner.

**Session I: (Monday & Wednesday) Fee: \$50**

**4444.400 9/12-9/21 6:00pm - 7:00pm**

**Location: Pickleball Courts @ Rusch Park**

**Session II: (Monday & Wednesday) Fee: \$50**

**4444.401 10/17-10/26 6:00pm - 7:00pm**

**Location: Pickleball Courts @ Rusch Park**

## INTERMEDIATE PICKLEBALL LESSONS

Improving placement and power of shots, reducing errors, how to get to the net, and introduction to tournament play.

**Session I: (Monday & Wednesday) Fee: \$50**

**4444.402 9/12-9/21 7:10pm - 8:10pm**

**Location: Pickleball Courts @ Rusch Park**

**Session II: (Monday & Wednesday) Fee: \$50**

**4444.403 10/17-10/26 7:10pm - 8:10pm**

**Location: Pickleball Courts @ Rusch Park**

For more information contact Jake Polito @ 725-6287 or Titus Vinson @ 725-8843



View Activities &  
Register Online

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