

ADULT ATHLETICS

Pickleball Basics

If you are interested in playing Pickleball but don't know where to start, this drop-in program is for you!! Every Thursday from 6:00-9:30 p.m. the ARC Center offers 50+ Drop-In Pickleball for players 0 (new)-3.0. From 7:00-7:30pm a "Pickleball Basics" workshop will be taught. This workshop will consist of rules, scoring, parts of a pickleball court, how to hold the paddle, serving, forehand and back hand strokes, and beginning strategies. There is no additional cost for the lesson, just pay the drop-in fee, get a paddle from the front desk (or bring your own) and meet in the gym. Instructors will vary each week. For more information contact Recreation Coordinator Mary Lester at mlester@we-goparks.org or 630-231-9474. (ML)

Drop In Fees Apply

ARC Members Are Free

50+ yrs

\$3/\$5

Beginner Pickleball Class

Pickleball is a fun sport for all ages and ability levels. Pickleball is good for people new to racquet sports, experienced racquet sport participants, those who love strategy and anyone who just wants to get some exercise. Some of the basic skills that are covered in this class include: posture, ready position, grip, paddle angle, serve and return of serve, forehand and backhand shots, court positioning, 2 bounce rule, scoring and basic strategy. This class is for new pickleball players. Instructor: Jose Sosa. (ML)

18+ yrs

\$37/\$40/\$43

Th 1/9-2/13 7:00-8:00pm

401015-01

Intermediate Pickleball Classes

If you have taken the beginner pickleball class and want to continue to improve your game, learn new skills and develop you're playing strategy, this class is for you! Some of the intermediate skills covered in this class include: comfort zone, dinks, footwork for dinks, push it forward, keep it low, third shot drop, lobs, overheads, court positioning, and playing with a partner. Instructor: Jose Sosa. (ML)

18+ yrs

\$37/\$40/\$43

Th 1/9-2/13 8:00-9:00pm

401016-01

Advanced Pickleball Classes

Want to move your pickleball game to the next level? This 4 week class will cover advanced pickleball skills and strategies including positioning, tournament play and more advanced shots. Each session must contain 4 players so grab 3 friends and become pickleball pros. This class is only for experienced players who know the rules, basic shots and strategies. Instructor: USAPA National Champion Ken Harris. This class is for players 3.5-5.0! If you don't play on Mondays due to skill level, please register for the intermediate class on Thursdays. (ML)

18+ yrs

\$65/\$68/\$71

M 1/13-2/3 6:00-7:00pm

401017-01

M 1/13-2/3 7:00-8:00pm

401017-02

M 3/2-3/23 6:00-7:00pm

401017-03

M 3/2-3/23 7:00-8:00pm

401017-04

Adult Drop-in Pickleball

If you haven't heard of or played Pickleball, you're missing out on the biggest craze since the Hoola Hoop! Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles and a ball similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle. It was created with one thing in mind: FUN! It is easy to learn and play so, grab a few friends and head to the ARC Center and give Pickle-ball a try! Checkout a paddle at the front desk using your I.D. and meet in the gym.

For a full listing of days, times and fees, check out the open gym schedule on page 7 of this guide. (ML)

Private & Semi-Private Pickleball Lessons

Don't have time for a 4 or 6 week class, but still want to improve your game? The ARC Center is now offering private (1 person) and semi-private (2 people) pickleball lessons. Each lesson is 1 hour long. There are morning, evening, weekday and weekend times. Instructors: Jose Sosa & Ken Harris. (ML)

To schedule lessons follow these 2 easy steps:

1. Purchase a pass for the amount of lessons you would like.
2. Call Mary Lester, Recreation Supervisor, to schedule your lessons. 630.231.9474

Each session is tailored to meet your needs includes drop-in fee for the day.

18+ yrs

Private

1 Session \$55/\$58/\$61

3 Sessions \$150/\$159/\$168

Semi-Private

1 Session \$65/\$68/\$71

3 Sessions \$160/\$169/\$178

SilverSneakers Meet N' Greet

Cooking for 1 or 2

Do you want to throw out less food?

Do your recipes yield portions too large for those at home?

Join Healthy West Chicago and the University of Illinois Extension on Thursday, February 27th to learn about how to adjust recipes for one or two servings, how to store and extend the shelf life of prepared dishes. Instructor, Lara Barr, will be demonstrating how to make a healthier apple crisp dessert that you don't want to miss!

All participants will receive samples of the delicious dessert as well as a healthy meal provided by Healthy West Chicago. SilverSneakers Member (may bring a spouse or guest who is not yet a SS member) (ML)

Th 2/27 11:00am-1:00pm 415800-01