

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

50+ yrs

ARC Members Are Free

\$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, comfort zone, dinks, footwork for dinks, push it forward, keep it low, scoring, two-bounce rule, forehand and backhand shots, third shot drop, lobs, overheads, court positioning, serve and return of serve. Instructor: Jose Sosa. (ML)

18+ yrs		\$37/\$40/\$43
Th	9/19-10/24	7:00-8:00pm
		301015-01

Intermediate Pickleball Classes

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. This class will continue to develop and improve the following skills: posture, ready position, grip/paddle angle, comfort zone, dinks, footwork for dinks, push it forward, keep it low, scoring, two-bounce rule, forehand and backhand shots, third shot drop, lobs, overheads, court positioning, serve and return of serve. This will be a skills based class. Instructor: Jose Sosa. (ML) *No class 11/28.

18+ yrs		\$37/\$40/\$43
Th	9/19-10/24	8:00-9:00pm
		301016-01

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. (ML)

18 yrs & up		\$49/\$52/\$55
M	9/9-9/30	6:00-7:00pm
M	9/9-9/30	7:00-8:00pm
M	10/21-11/11	6:00-7:00pm
M	10/21-11/11	7:00-8:00pm
		301017-01
		301017-02
		301017-03
		301017-04

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. (ML)

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 session is 1 hour long. There are morning, evening, weekday and weekend times. Instructors: Jose Sosa & Ken Harris. (ML)
To schedule lessons follow these 3 easy steps:

1. Choose your instructor.
2. Pay for the number of sessions you are interested in.
3. Instructor will call to set-up a session time.

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

Beginning Golf Clinic for Adults

This highly demanding program is designed for the relative newcomer to golf. Each session will specialize in putting, chipping, and full swing techniques. Range balls will be provided. Please bring putter and clubs to the first class (if you have one). If you do not have clubs, they can be provided. This class is taught by Dave Erickson, PGA Head Professional at St. Andrews Golf & Country Club in West Chicago. (JU)

16+ yrs		\$90/\$100
W	7/24-8/14	6:30-7:30pm
SU	8/25-9/15	12:00-1:00pm
*Rain dates 8/21, 9/22 – No Class 9/1		