

PICKLEBALL

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 Supervisor, 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, serve and return of serve, forehand and backhand shots, court positioning, 2 bounce rule, scoring and basic strategy. For more information contact Recreation Supervisor Mary Lester at mlester@we-goparks.org or all 630.231.9474. This class is for new pickleball players. Instructor: Jose Sosa. (ML)

18+ yrs

\$37/\$40/\$43

Th	4/2-5/7	7:00-8:00pm	101015-01
Th	5/14-6/18	7:00-8:00pm	101015-02

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	4/2-5/7	8:00-9:00pm	101016-01
Th	5/14-6/18	8:00-9:00pm	101016-02

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	4/6-4/27	6:00-7:00pm	101017-01
M	4/6-4/27	7:00-8:00pm	101017-02
M	5/11-6/1	6:00-7:00pm	101017-03
M	5/11-6/1	7:00-8:00pm	101017-04

Adult Drop-in Pickleball

If you haven't heard of or played Pickleball, you're missing out on the biggest craze since the Hula 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! 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, see the open gym schedule on page 5 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. For more information or to schedule your lessons, contact Mary Lester, Recreation Supervisor at mlester@we-goparks.org to schedule your lessons. 630.231.9474

Each session is tailored to meet your needs.

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 Trial Group Exercise Classes

If you are new to exercise or looking to add something new to your existing exercise plan; try a group exercise class designed specifically for older adults. Pre-registration required. (ML)

ARC Members Free Non-Members \$2.50

Class 1

Designed to increase muscle strength, range of movement, and improve activities of daily living. A chair is used for seated exercise and standing support. Class can be modified depending on fitness level.

W	5/20	10:15-11:15am	415800-01
F	5/22	10:15-11:15am	415800-02

Class 2

Standing low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing with handles, and an exercise ball. A chair is available for standing support.

Tu	5/19	9:30-10:30am	415801-01
Th	5/21	9:30-10:30am	415801-02