



# CADENCE *Weekly* PICKLEBALL

*Wednesdays & Thursdays*

## **Beginner Class 6:00pm–7:00pm | \$15**

We will talk about the kitchen rules, the proper executions of hitting the ball and playing fun drill exercises that will help us in playing pickleball.

1. We will tackle the kitchen rules, the service, and receiving the ball.
2. Proper way of hitting the ball, we will discuss how to grip your paddle, the execution of your swing path if it's a level or fully extended swing path, and your body position.
3. We will have different kinds of drills to master. These drills can help us have a stronger foundation for playing pickleball.

## **Mix & Match Play 7:00pm–8:00pm | \$15**

In this friendly match, we should be able to put the things that we learned from the beginner's class.

By doing mix-and-match play, we will have an opportunity to play a real game with the other players.

This friendly match can help us understand what skill(s) we have to work on to be better player.

### **Registration Information:**

Rally your crew!  
Let's play!

Limited spots  
available!



**CLASS PASSES AVAILABLE**  
**10% OFF 5 CLASS PASS & 20%**  
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