



The Pennypacker Pickleball Experience:

“It’s More than Just a Game”

Introduction to Pickleball Class

Each Monday at 9am

This is a one-time, 30–to-40 minute introductory group session covering:

- The pickleball court layout
- Equipment (paddle, ball, and net)
- Rules and Scoring
- Basic pickleball paddle grip
- Introduction to posture, balance, and footwork
- Basic groundstroke techniques
- Introduction to serving
- Introduction to dinking
- Importance of safety on the court
- Importance of a positive pickleball culture at Pennypacker

Pickleball Basics Clinic

Thursdays at 5:00pm/Saturdays at 9:00am

This is Pennypacker’s 8 module/4 week program-- focused on building core skills, understanding of the game, and teamwork. Each module runs 30-to-40 minutes in length. As a pickleball

beginner, you'll enjoy an integrated, step-by-step, fun, and encouraging learning experience over a month's period-- versus the scattered, one-off or highly compressed approach often seen with other clinics or camps. You'll have the opportunity to practice newly-learned skills between sessions, as well as meet new friends through your clinic group's cohort!

The Clinic provides verbal instruction and demonstrations; fun and engaging drills; and instructor feedback on each of the following elements of the game:

- Posture, Balance and Footwork
- Hand/Arm-Eye Coordination on the Court
- The Serve and Return of Serve
- Forehand and Backhand Groundstrokes
- Dinking
- Volleying
- Lob, Slam, and Drop Shots
- Teamwork and Game Strategy

Scheduled Open Play Times

- Mondays at 9:30am
- Wednesdays at 1:00pm
- Thursdays at 5:30pm
- Saturdays at 9:30am

New Pickleball App- 'TeamReach'

This year, Pennypacker CC will introduce **TeamReach**, a phone-based app allowing you to:

- Sign-up for scheduled pickleball open play times [here](#)
- Know who's attending, using the app's calendar
- Message the group's app participants
- Chat 1:1 through the app's direct messaging (DM) feature