



FAMILY TRANSFORMATION LIFE-CHANGING ACTIVITY DIVERSITY, BALANCE & FLEXIBILITY

PICKLEBALL PROGRAMS

MANLIUS YMCA - WINTER 2023

Improve your game, play competitive matches, take lessons or set up your own games. New and experienced players are welcome, with a variety of options for players to play and learn.

PICKLEBALL CONTACT INFORMATION

James Burgess, Senior Program Director of Tennis & Health + Wellness

315.692.4777 ext. 206

jburgess@ymcacny.org

Veronica Hotaling, Tennis Coordinator

315.692.4777 ext. 211

vhotaling@ymcacny.org

WEEKLY CLINICS

Our clinics help you learn or develop your game in a group setting. Numbers are limited to four players per court. Sign up on a week-by-week basis. Clinic Rates: 60 minutes - \$10, 90 minutes - \$15. Non-members are subject to an additional \$10 guest fee, payable at check-in.

Pickleball Strategy

Once you know how to play the game and have developed solid basic strokes, the next step is to learn which shots to use, where to be on the court and how to work in harmony with your partner.

Level: Intermediate - Advanced

- **Thursday 11:00 am - noon**

Stroke Development

Develop the strokes you need to accelerate your pickleball play and enjoy the game more. You'll refine the basic strokes (serve, dinks and third shots) and start to use them to employ basic strategies.

Level: Beginner - Intermediate

- **Monday 9:00 - 10:00 am**

- **Sunday 11:00 am - 12:30 pm**

PROGRAMS

Pickleball 101:

Six-week class: Learn the strokes, movement patterns, basic tactics and rules of pickleball in this efficient series. Each class builds on the next, giving you the confidence to participate in our round robins and Rookie League or Open Play.

- **Wednesday 7:00 - 8:30 pm**

- **Thursday noon - 1:30 pm**

Rates: YMCA Members \$75 / Non-Members \$110

Pickleball 102:

Take your game to the next level in this six-week class. We'll focus on playing at the non-volley line (dinks and volleys), and how to transition up to the net from the baseline. This class is for players who already play pickleball and have a consistent serve and return. Level: Advanced Beginner to Intermediate

- **Tuesday 10:30am - 12:00pm**

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LEAGUES

Rookie League

Come join in the fun of playing pickleball with a regular group of players. You can focus on no-pressure playing and getting to know other players of similar abilities. Our pro will look after the rotations and be available for any questions you may have.

- **Monday 10:00 - 11:30 am**

Monthly Rates YMCA Members \$40 / Non-Members \$75

Week-by-week Rates: YMCA Members \$10 / Non-Members \$20

Evening Pickleball League

Play and compete each week with a regular group. You can focus on playing, as the rotations are organized by one of our coaches.

Level: Intermediate

- **Thursday 6:00 - 8:00 pm**

Monthly Rates: YMCA Members \$50 / Non-Members \$85

Week-by-week Rates: YMCA Members \$15 / Non-Members \$25

*Monthly Rates are auto-drafted the 1st of each month. Cancellation must be submitted in writing by the 25th of the prior month.

ROUND ROBINS

Our Round Robins are for players familiar with pickleball who want to play a lot of games, meet others and have fun! Rates: YMCA Members \$10 / Non-Members \$20

Celebrate-Friday Round Robin

Bring a partner and celebrate the start of the weekend with some fun pickleball play. We look after the rotations, so you can just relax and play. Numbers are limited so be sure to sign up in advance.

- **Friday 6:00 - 8:00 pm**

OPEN PICKLEBALL PLAY

Join in the fun on our pickleball hard-courts, located on tennis-court one. Bring your own balls and players organize rotations. Sign-up in advance on the CNY Pickleball Spreadsheet. Numbers are limited to no more than five players per court.

Hours:

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Additional hours may be posted on CNY Pickleball Spreadsheet on a week-to-week basis.

Rates: YMCA Members \$5 / Non-Members \$15

YMCA MEMBER PICKLEBALL

Open YMCA Member Pickleball in the SACC gym is **FREE to YMCA Members only**. Bring your own balls and players organize rotations. Please note that the Wednesday morning time is set aside for beginners to play together - this is not a lesson.

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PRIVATE LESSONS (1 PERSON)

60 minutes \$60

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60 minutes \$35/person

90 minutes \$52/person

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90 minutes \$38/person

CLINIC (4+ PEOPLE)

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HOW TO REGISTER

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