



FAMILY TRANSFORMATION LIFE-CHANGING ACTIVITY DIVERSITY, BALANCE & FLEXIBILITY

PICKLEBALL PROGRAMS

MANLIUS YMCA – Fall 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

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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 \$15 guest fee, payable at check-in.

Pickleball Strategy *ongoing*

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 *ongoing*

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: *November 9 – December 14*

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.

Rates: YMCA Members \$80 / Non-Members \$120

- **Thursday 12:00pm - 1:30 pm**

Pickleball 102: *November 7 – December 12*

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

Rates: YMCA Members \$80 / Non-Members \$120

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

LEAGUES

Rookie League *ongoing*

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 \$25 *Currently on waitlist

Evening Pickleball League *ongoing*

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

- **Thursdays 6:00pm - 8:00 pm**

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

Week-by-week Rates: YMCA Members \$15 / Non-Members \$30

*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 \$25

Celebrate-Friday Round Robin *ongoing*

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 7:00 - 9:00 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 app or at the front desk. Numbers are limited.

Hours:

- **Tuesday noon - 2:00 pm**
- ***POP-UP WEDNESDAYS:** Check Motionvibe

or ask the desk for dates

- **Friday 9:00 - 10:30 am**
- **Saturday noon - 2:00 pm**
- **Sunday 11:00am - 1:00 pm**

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

Rates: YMCA Members \$5 / Non-Members \$20

Advanced Open Play

This group is for advanced players only.

- **Monday 7:00pm - 9:00pm**
- **Saturday 2:00pm - 4:00pm**

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 separate play for Beginners only - this is not a lesson.

Hours:

- **Monday 6:00 - 8:45 pm**
- **Tuesday 6:00 - 8:45 pm**
- **Wednesday 9:00 - 11:00 am**
Beginners
- **Wednesday 6:00 - 8:45 pm**
- **Thursday 6:00 - 8:45 pm**
- **Friday 9:00 - 11:00 am**
- **Saturday 10:30 am - 12:30 pm**
- **Saturday 2:00pm - 4:30pm**
Beginners

PRIVATE / GROUP LESSONS

Pickleball Lessons are a great way for individuals or groups to learn the game or improve skills with one of our Professional Pickleball Registry (PPR) Certified Staff Members. To schedule a lesson, call or stop the Manlius YMCA. Lessons will be scheduled based on court and staff availability.

PRIVATE LESSONS (1 PERSON)

60 minutes \$60

SEMI-PRIVATE LESSONS (2 PEOPLE)

60 minutes \$35/person
90 minutes \$52/person

GROUP LESSONS (3 PEOPLE)

60 minutes \$25/person
90 minutes \$38/person

CLINIC (4+ PEOPLE)

60 minutes \$20/person
90 minutes \$30/person

Rates include court time. Non-members are subject to an additional \$15 guest fee payable at check-in.

HOW TO REGISTER

All pickleball series, clinics, lessons, and play must be registered in advance.

Pickleball Programs or Leagues:

- Call or stop by the Manlius YMCA, or
- Registration available on our YMCA CNY APP
- Week-by-week attendance is available, space permitting. Call or stop by the Manlius Y up to one week in advance to confirm.

Clinics and Round Robins:

- Call or stop by the Manlius YMCA
- Registration available on our YMCA CNY APP
- Sign up for clinics and round robins up to one week in advance.

Open Pickleball Play or YMCA Member Pickleball:

- Player spots open 7 days in advance. Call the desk at (315)692-4777 ext. 0 or stop by the membership desk to reserve your spot.
- Registration available on our YMCA CNY APP
- YMCA Member Pickleball with other play opportunities and times may be found at cnpickleball.com