



FOR THE LOVE OF THE GAME PICKLEBALL

It is fun for the whole family! Pickleball is one of the fastest growing sports in the country. The game is a combination of tennis, badminton and ping pong. It is played by two or four people on badminton-sized courts with a perforated plastic baseball and composite paddles. Pickleball is easy for beginners to learn, appropriate for all fitness levels and fun at any age.

HOW TO NAVIGATE YOUR PICKLEBALL JOURNEY:

1. Sign up for an Intro to Pickleball Clinic

These one-time clinics are the perfect low-commitment way to learn rules, court positioning, serving, dinking, basic technique and strategy. Clinics are led by seasoned pickleball ambassadors. All equipment is provided. Open to members and community. Register at bit.ly/mcgawpbintro.

2. Join a Beginner Skills Clinic session

This non-intimidating 7 to 9-week program environment helps you feel comfortable integrating into future open play settings. Further learn etiquette, rules, scoring and foundational technique, including movement, grip, serve, return, third shot and basics of dinking, groundstrokes and volleying. Group enjoys both skill instruction and application in game play each class. Open to members and community. Register at bit.ly/mcgawpbskills.

3. Grow your play!

• Join the Y. Participate in open play.

Beginner-friendly courts are available on weekdays from 9am-noon and Saturdays from 2-3pm, although all levels are welcomed at all times.

• Continue with skill development.

It is recommended to participate in Beginner Skills Clinics twice for best repetition and sound technical mastery. Ask your instructor about the next level for you after completing your first beginner session.

• Apply skills in a beginner league.

Where fun, fundamentals and fellowship meet! Enjoy this very recreational setting, where we are all learning to apply our skills and strategy - together! Individual sign up and doubles play. Build your confidence and community by playing multiple games each week with different partners. Several levels available. Open to members and community. Register at bit.ly/mcgawpbladderleague.

4. Achieve intermediate status

• Join the Y. Participate in open play.

Community happens here! Members enjoy FREE open play in our robust, recreationally-friendly atmosphere. Weekday, weeknight and weekend hours. Visit bit.ly/mcgawpickleball for the most up-to-date open play hours.

• Continue with skill and strategy development.

Our exceptionally experienced lead pickleball staff power your progress, as you learn how to hit every ball with a purpose, refine and understand strategies and get crafty with advanced shots, court positioning and tournament strategy. Intermediate and intermediate/advanced clinics.

• Apply skills in an intermediate league.

Challenge yourself in growing through our progressive league play that spans levels 2.0-3.5. Combine skills clinics with league play for the ultimate boost to your game.



Connect with our community:
Download the TeamReach app and plug in group code YBG002 (beginner) and/or YMpickle (main) to interact with fellow pickleball players at the McGaw Y.



For more information, please contact sports@mcgawymca.org or 847-475-7400 option 1.