



# Introductory lessons

Introductory lessons will be offered every Monday from 3:00 to 6:00 pm a minimum of 8 students is required per session to proceed.

This Lesson is free to all new members purchasing a Red Deer Pickleball Club Membership.

Please Contact : [wademarie21@gmail.com](mailto:wademarie21@gmail.com) for registration.

## **PREREQUISITE:**

The desire to learn the game of Pickleball

Must be a new or active member of Red Deer Pickleball Club

Eye protection is recommended.

## **OBJECTIVE:**

At the end of this Three-hour lesson, new players will able to play a game of Pickleball and understand the following:

- Proper warm up
- Basic outline of the court
- Basic court etiquette
- Basic footwork
- Court safety
- Recommended paddle grip
- Ready Position
- Basic ground stokes.
- Serving and receiving, including proper positioning
- How to keep score
- Basic Pickleball rules
- Play a game of Pickleball.

**Instruction: Certified Instructors will follow the IPTPA program**