

NEW TO PICKLEBALL? START HERE!

You're in the right place! Everyone started where you are right now... the only difference, many of us didn't have the HOP to help develop our game.

BEGINNING PICKLEBALL (group class)

Objective: Introduce students to pickleball fundamentals, ensuring they have fun while building a solid foundation in technique and game understanding.

\$50 for 2-hours, and a \$15 credit to your CourtReserve account is included!

HOOKED ON PICKLEBALL?

Our series of 5 beginner classes (1-hour each) are offered weekly. Each class is designed to help beginners understand the concept of each shot & teach the proper technique. You may take classes in any order. Fees based on membership level.

100 SERIES

101: SERVES - DROP VS. VOLLEY

Objective: Introduce students to both pickleball serves, ensuring they have the technical understanding to execute each serve type properly.

102: RETURN OF SERVES - FOREHAND VS. BACKHAND

Objective: Introduce students to both a proper forehand & backhand stroke, ensuring they have the technical understanding to execute each properly.

103: 3RD SHOT DROP - WHY & HOW?

Objective: Introduce students to "why" they should hit a 3rd shot drop & the technique to perform this shot consistently.

104: DINKING - MECHANICS & FOOTWORK

Objective: Introduce students to dinking & get them comfortable with basic strategy, footwork & proper forehand and backhand techniques.

105: VOLLEY - AT THE NVZ (KITCHEN)

Objective: Introduce students to the proper technique when volleying at the Non-Volley Zone, helping reduce pop-ups!

PLAY WITH A COACH

Objective: Students get a better feel for the flow of a game when playing with a Coach. Proper game strategy, positioning & instant feedback after each point.

- Check CourtReserve for class times & availability
- A 'class' has a minimum of 3 students, & a max of 5 students
- Want to work on a specific shot or problem you have in your game? Check out a private lesson with one of our HOP Coaches!