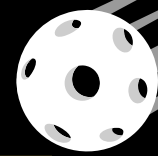
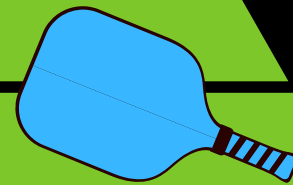


CLASSES BEGIN THE WEEK OF SEPTEMBER 11TH

PICKLEBALL



CLASSES



Pickleball 101 for Beginners

Players may choose **Mondays OR Wednesdays from 11 am-12:30 OR 6-7:30 pm**

Cost (7-week): \$140 for members / \$175 for non-members

Be part of the fastest growing racquet sport in the country! Players will be introduced to the fundamentals of pickleball that consist of: stroke techniques, singles and doubles basic strategies, serving, scoring, and positioning. We will accomplish these objectives through dead and live ball drills, point play, and actual game play. Pickleball is a great workout and social experience, come join the fun! Players must have their own pickleball paddle. **MAXIMUM 12 PLAYERS PER CLASS.**

Pickleball 102 for Intermediate Players

Players may choose **Mondays OR Wednesdays from 11 am-12:30 OR 6-7:30 pm**

Cost (7-week): \$140 for members / \$175 for non-members

Building on the fundamentals from Pickleball 101, players will be exposed to strategies and tactics to refine their level of play. We will be looking at "dinking" from the non-volley zone as well as practicing and understanding how touch and power can complement each other. Players will begin to use the third shot drop to their advantage and will learn how the lob is used in defensive play. We will accomplish these objectives through dead ball, live ball, point play, and actual game play with coaching. Players must have their own pickleball paddle. **MAXIMUM 12 PLAYERS PER CLASS.**

Pickleball 103 for Advanced Players

Players may choose **Tuesdays days OR Thursdays from 6-7:30 pm**

Cost (7-week): \$140 for members / \$175 for non-members

Players enrolling in this class must show competencies in the following: Groundstrokes, serves and returns, volleys, dinks, lobs, overhead smash and drop shots. The instructor will make the evaluation if the student meets the requirements for the class. To set up an evaluation, please contact Ascension Genesys Pickleball Professional Sam Khalid at 989-395-2218. **MAXIMUM 12 PLAYERS PER CLASS.**

REGISTER THROUGH THE MEMBER PORTAL. FOR MORE INFORMATION OR ASSISTANCE CALL (810) 606-7555 OR EMAIL DON.LEAVY@ASCENSION.ORG.

AGHC IS NOT RESPONSIBLE FOR LESSONS MISSED AND NO REFUNDS OR CREDITS WILL BE ISSUED.



Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!



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