

West Springfield Park & Recreation Department



Adult Pickleball Lessons

2025

SIGN UP NOW!



The West Springfield Park & Recreation Department is partnering with *Edge Pickleball* to offer Pickleball Lessons! Whether you're a seasoned player or just stepping onto the court for the first time, we're here to help you elevate your game and get the most out of this exciting sport. Lessons instructed by experienced players and coaches will provide you with in-depth insights, strategies, tips and techniques to sharpen your skills. From mastering your serves to perfecting your dinks, *Edge Pickleball* staff have the knowledge you need to excel. Lessons are held in the UNICO Building, located at 1 UNICO Way in Mittineague Park and are for Adults ages 18 and Up.

Pickleball 101: Learning the Fundamentals

Join others new to the game and avoid developing bad habits by learning the fundamentals first. Whether you have never played or have only played a few times, this 4-week course will help you understand the rules, scoring, positioning and strategy. Learn how best to outsmart your opponents! Participants should wear comfortable clothes and sneakers. Participants should also bring a water bottle to class. Paddles will be provided for each participant to use and try.

Activity #	Dates	Days	Time	Location	Ages	W.S. Resident Fee	Non-Resident Fee
121000-1	April 7, 14, 21, 28	MONDAYS	5:45pm-6:45pm	UNICO Building (Mittineague Park)	18 & Up	\$100	\$125
121000-3	May 5, 12, 19, 26	MONDAYS	5:45pm-6:45pm	UNICO Building (Mittineague Park)	18 & Up	\$100	\$125

Pickleball 201: Intermediate Pickleball Lessons

Looking to take your game to the next level? Attend this 4-week program for Advanced Beginner and Intermediate players. This program will focus on key areas to improve your game immediately including: strategy, court positioning, ball control and more. Participants should wear comfortable clothes and sneakers. Participants should also bring a pickleball paddle and water bottle to class.

Activity #	Dates	Days	Time	Location	Ages	W.S. Resident Fee	Non-Resident Fee
121000-2	April 7, 14, 21, 28	MONDAYS	7:00pm-8:00pm	UNICO Building (Mittineague Park)	18 & Up	\$100	\$125
121000-4	May 5, 12, 19, 26	MONDAYS	7:00pm-8:00pm	UNICO Building (Mittineague Park)	18 & Up	\$100	\$125

PLEASE TURN OVER FOR REGISTRATION INFORMATION

TO REGISTER FOR ADULT PICKLEBALL LESSONS:

ONLINE:

Online registration is the fastest way to register for the programs. Please note that registrations are processed on a first come, first served basis.

[Click here](#) to reach our Online Registration Site (www.wsparkandrec.com)

- Log in with your credentials. Contact the Park & Recreation Office (parkandrec@tows.org) in order to verify your username and password or to get help setting up an account.
- Choose "Adult Pickleball", pick the activity you are interested in, add to cart, and check out.
- Continue to the payment screen. This will allow you to use a credit/debit card to pay for your programs.
- Check your email! Approximately 1 week prior to the start of the program, an informational newsletter will be emailed to you.

DROP BOX:

Using the White Drop Box located on the median outside of the Municipal Office Building is the second best option for Registration. Please note that registrations are processed on a first come, first served basis.

- Complete an [Adult Pickleball Registration Form](#)
- Make checks payable to "Town of West Springfield"
- Write "Park and Recreation Department" on the front of a blank envelope
- Place in the White Drop Box located outside of the Municipal Office Building at 26 Central St.
- Check your email! The Park & Recreation Office will email you your registration confirmation. Approximately 1 week prior to the start of the program, an informational newsletter will be also be emailed to you.

IN PERSON:

Another way to register is by bringing your paperwork and payment (**Cash/Check ONLY**) into the Town Hall during Office Hours (8:00AM to 4:30PM). A staff member will assist you. Please note that registrations are processed on a first come, first served basis.

- Complete an [Adult Pickleball Registration Form](#)
- Make checks payable to "Town of West Springfield"
- A Park & Recreation Staff Member will process your transaction and give you receipt.
- Check your email! Approximately 1 week prior to the start of the program, an informational newsletter will be emailed to you.



MAIL-IN:

Mail-in is the third option on how to register. Please note that registrations are processed on a first come, first served basis.

- Complete an [Adult Pickleball Registration Form](#)
- Make checks payable to "Town of West Springfield"
- Mail to:
West Springfield Park & Recreation Department
26 Central Street - Suite 19
West Springfield, MA 01089
- Check your email! The Park & Recreation Office will email you your registration confirmation. Approximately 1 week prior to the start of the program, an informational newsletter will be also be emailed to you.

West Springfield Park & Recreation Adult Pickleball Registration Form

Proof of residency is required for new participants!

Household Name _____ Primary Phone # _____

Street Address _____ Secondary Phone # _____

City _____ State _____ Zip _____ Is this a change in address? ___ Yes ___ No

E-mail Address _____

MEDICAL CONCERNS: Special Instructions and/or information that an instructor needs to be aware of: _____

Activity #	Last Name	First Name	Address/City	Gender	D.O.B.	Fee

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in West Springfield Park and Recreation Department programs/activities (hereinafter the "Program") I, the undersigned, on behalf of the participant listed above (hereinafter "Participant"), and for myself, my heirs, personal and/or legal representatives, next of kin, and assigns (hereinafter collectively referred to as "I" or "ME"), hereby:

1. RELEASE, WAIVE, DISCHARGE and COVENANT NOT TO SUE the Town of West Springfield, its agents, servants, employees, officials, volunteers, contractors, representatives (hereinafter the "Town") from any and all liability, claims, demands, actions, suits, loss and causes of action whatsoever arising out of or related to any loss, damage, or injury, including, but not limited to, death, illness, injury and/or disease of any kind, and including but not limited to any death, illness, injury and/or disease in any way related to or arising out of the novel coronavirus (COVID-19), that may be sustained by the Participant and/or arising out of or related to the Participant's participation in the Program, regardless of whether they arise in tort, contract, strict liability, or other legal theory.
2. INDEMNIFY, SAVE and HOLD HARMLESS the Town from any and all liability, claims, demands, actions, suits, loss, and causes of action and any cost it may incur, including court costs and attorneys' fees, arising out of or related to the Participant's participation in the Program, regardless of whether they arise in tort, contract, strict liability, or other legal theory.
3. ACKNOWLEDGE that the Participant's participation in the Program may be dangerous and may involve the risk of serious injury and/or illness, including COVID-19, and/or death and CONSENT to the Participant's voluntary participation and ASSUME full responsibility for any risk of loss, death, illness, injury and/or disease which I and/or the Participant may sustain arising out of or related to the Program whether known or unknown and whether caused by the negligence of the Town or otherwise.
4. AGREE that this Release and Waiver of Liability and Indemnity Agreement shall be construed in accordance with the laws of the Commonwealth of Massachusetts and that, in the event any portion of this document is deemed unlawful or unenforceable, said portion shall be severable and the balance of the terms shall continue in full legal force and effect.
5. AGREE that I, the undersigned, am the parent or legal guardian of the Participant. I hereby execute this Release and Waiver of Liability and Indemnity Agreement on the Participant's behalf. I understand that by executing this agreement on behalf of the Participant, I am binding the Participant and ME to the terms of this Release and Waiver of Liability and Indemnity Agreement.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS, INCLUDING MY RIGHTS AND THE RIGHTS OF THE PARTICIPANT BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

_____ _____ _____
Adult Participant Signature **Adult Participant Printed Name** **Date**