

# 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	<del>April 7, 14, 21, 28</del>	<del>MONDAYS</del>	<del>7:00pm-8:00pm</del>	<del>UNICO Building (Mittineague Park)</del>	<del>18 &amp; Up</del>	<del>\$100</del>	<del>\$125</del>
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**