

PICKLEBALL SKILLS

Clinic Series

CMAA Therapeutic Recreation Complex
2728 Lake Worth Rd.
Lake Worth, FL 33461
(561) 966-7088

SCAN HERE TO
REGISTER ONLINE



CLINIC 1: MAY 13TH & MAY 20TH
TIME: 6:00 P.M. - 8:00 P.M.

CLINIC 2: MAY 12TH & MAY 21ST
TIME: 2:00 P.M. - 4:00 P.M.

CLINIC 3: MAY 15TH & MAY 22ND
TIME: 10:00 A.M. - 12:00 P.M.

CLINIC 4: MAY 15TH & MAY 22ND
TIME: 6:00 P.M. - 8:00 P.M.

LOCATION: GYMNASIUM

FEE: \$30 PER CLINIC

Everyone Benefits from the Power of Parks!

- **Physical Health:** Regular participation in pickleball encourages cardiovascular health improvements, strength enhancement, flexibility, and coordination.
- **Social Interaction:** The team-oriented nature of pickleball promotes social skills, teamwork, and cooperation, providing opportunities for friendship and community building.
- **Skill Development:** Participants will learn new pickleball techniques and strategies, leading to improved overall competence and confidence in the sport.
- **Discipline and Goal Setting:** Engaging in this sport teaches participants discipline, time management, and how to set and achieve personal and team goals.
- **Community Engagement:** Local pickleball programs strengthen community ties, fostering a sense of belonging and shared purpose.

For questions, please call or email

Emily Huhn:

(561) 966-7088 | ehuhn@pbc.gov



Palm Beach County Board of County Commissioners
Maria G. Marino, Mayor, Sara Baxter, Vice Mayor
Gregg K. Weiss, Joel G. Flores, Marci Woodward
Maria Sachs, Bobby Powell Jr.

Verdenia C. Baker, County Administrator



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What's Included:

- Expert coaching and personalized tips
- Drills tailored to skill development
- Paddles provided—no need to bring your own!
- A fun, focused environment for learning and playing

Clinic 1: Strong Foundation, Stronger Game:

Tonight's session is all about building the essential skills that will elevate your game.

We'll be working on:

- **Powerful & Consistent Serves:** Take control from the very first shot
- **Reliable & Accurate Backhands:** Own the backhand side of the court
- **Strategic Court Positioning:** Move smarter, play better

Clinic 3: Advanced Skills, Immediate Impact!

Ready to make significant strides in key areas of your game? This clinic is all about intensive training for advanced techniques.

Today's focus:

- **Overhead Power & Precision:** Take control of high balls with devastating smashes
- **Strategic Dinking Mastery:** Dictate play with finesse and intelligent soft shots
- **Volley Speed & Sharpness:** Own the net with rapid reactions and decisive volleys

Clinic 2: Ignite Your Game — Skills in Action!

Ready to move beyond drills and experience the thrill of applying your skills? This session is designed for players eager to translate practice into powerful play!

We'll be diving into:

- **Dynamic Drills for Game Impact:** Sharpen your shots with exercises that directly translate to match situations
- **Game-Based Challenges:** Put Your Abilities to the Test: Engage in realistic scenarios that will push your boundaries and accelerate your growth.
- **Strategic Mastery—Think Ahead, Play Smarter:** Learn the art of anticipation and tactical decision-making in competitive play.

Clinic 4: Level Up Your Entire Game Tonight!

Ready to become a more complete and adaptable player? Tonight's session is all about balanced growth across your entire game, featuring:

- **Skill-Building Powerhouse Drills:** Practice a wide array of shots to build a solid foundation
- **High-Energy Mini Games & Challenges:** Translate your skills into real-game scenarios with fun, engaging play
- **Unlock the Strategy—Play Smarter, Not Harder:** Understand the key strategic elements that elevate your game

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