



## PICKLEBALL PROGRAMS WITH LAKE PARK SWIM AND FITNESS

We are excited to expand our pickleball offerings in collaboration with Lake Swim and Park Fitness. All classes are for ages 14 and up, and will take place at Lake Park Swim and Fitness, 730 Lake Park Road, Menasha.

For program related questions, please reach out to:  
laura@lakeparkfitness.com.



### PICKLEBALL 101 CLINIC

Participants will learn the basics of pickleball, including rules, dinking, volleying, ground strokes, and serving.

Saturday - May 30

1:00-3:00PM

Class # 206000-10

Monday - June 29

6:00-8:00PM

Class # 206000-11

FEE (R/NR): \$24 / \$30

### BEGINNER PICKLEBALL

This class is designed for complete beginners or players who have taken a 101 Clinic. Participants will learn rules, scoring, serves, returns, stroke mechanics, proper court positioning, and more.

Tuesdays & Thursdays / June 9, 11, 16, 18

10:00-11:30AM

Class # 206000-12

Mondays & Wednesdays / June 8, 10, 15, 17

6:00-7:30PM

Class # 206000-13

FEE (R/NR): \$48 / \$60

### ADVANCED BEGINNER PICKLEBALL

This class is designed for students who already have knowledge of basic rules and scoring, but want to develop stronger skills and gain confidence in play. Participants must have taken a 101 Clinic, a beginner class, or have played regularly for at least one month.

Tuesdays & Thursdays / July 14, 16, 21, 23

10:00-11:30AM

Class # 206000-14

Mondays & Wednesdays / July 13, 15, 20, 22

6:00-7:30PM

Class # 206000-15

FEE (R/NR): \$48 / \$60

### INTERMEDIATE PICKLEBALL

Designed for students who have successfully completed an advanced beginner class or are playing at a 3.0 level. Class will focus on higher level drills, game strategy, shot selection, consistency, court awareness and positioning, and teamwork. Participants must have a strong understanding of the rules/concepts of the game, and hit the ball cleanly and consistently.

Mondays & Wednesdays / August 10, 12, 17, 19

6:00-8:00PM

Class # 206000-16

FEE (R/NR): \$60 / \$75

### PICKLEBALL RATING CLINIC

This clinic combines skills stations with live game play to evaluate your level using USA Pickleball criteria. Participants will receive personalized feedback and an approximate skill range, making it easier to choose the right classes, leagues, and leveled open play, and know exactly what to work on next.

Saturday - June 6

1:00-3:00PM

Class # 206000-23

Saturday - August 1

10:00AM-12:00PM

Class # 206000-24

FEE (R/NR): \$24 / \$30

### PICKLEBALL DATE NIGHT

Come play pickleball with other couples! Enjoy a fun, active date night with some friendly competition. All levels welcome, but participants must be comfortable with rules and scoring, and be able to maintain a rally. Stay after play - beer, wine, and assorted beverages will be available for purchase. Fee listed is per individual.

Friday - June 5

6:00-8:00PM

Class # 206000-28

Friday - July 31

6:00-8:00PM

Class # 206000-29

Friday - August 21

6:00-8:00PM

Class # 206000-30

FEE (R/NR): \$9 / \$11

### SKILL CLINICS

These clinics are designed to improve specific pickleball skills. Participants will use a variety of drills to reinforce proper technique, build consistency, and gain confidence. The first 90 minutes will focus on building and practicing skills, followed by 30 minutes of using these skills in gameplay. Skill clinics are for players beyond the beginner stage who have consistent ball control. If you can sustain a rally, place shots with intention, and work comfortably with a partner, these sessions are right for you!

Fee Per Clinic (R/NR): \$19 / \$24



#### DINKING TO WIN

Learn how to turn the soft game into a weapon. This clinic focuses on placement, patience, and using dinks to create openings instead of just keeping the ball in play.

Tuesday - June 30

9:30-11:30AM

Class # 206000-17



#### TRANSITION ZONE TRICKS

The most difficult part of the court doesn't have to be. Learn how to move forward safely, reset under pressure, and turn the transition zone into an advantage.

Wednesday - July 8

9:30-11:30AM

Class # 206000-18



#### BEATING BANGERS

Tired of getting crushed by hard hitters? Learn how to absorb pace, reset points, and turn power shots into opportunities for you.

Wednesday - July 22

9:30-11:30AM

Class # 206000-19



#### BETTER SERVES AND RETURNS

The first two shots set the tone for every rally. Improve depth, consistency, and decision-making so you can start points in control.

Tuesday - August 4

9:30-11:30AM

Class # 206000-20



#### MASTERING THE DROP

Stop popping the ball up and start earning our way to the kitchen. This clinic breaks down how to hit reliable third-shot drops under real-game pressure.

Tuesday - August 18

9:30-11:30AM

Class # 206000-21



#### WINNING AT THE NET

First hands, smart blocks, and controlled volleys make all the difference. Learn how to handle quick exchanges and take control at the kitchen.

Tuesday - Sept 1

9:30-11:30AM

Class # 206000-22

### FATHER'S DAY TOURNAMENT

Team up with your dad, grandpa, father-in-law, or child for an evening of great pickleball and family fun! Program fee is per person.

Friday - June 19

6:00-9:00PM

Class # 206000-25

FEE (R/NR): \$18 / \$22

### BEGINNER/ADVANCED BEGINNER MIXER

This tournament is perfect for players who have completed a beginner or advanced beginner class or are playing at 2.0-2.75 level. Gain tournament experience in a fun, supportive setting! Sign up as an individual. Participants should be comfortable with the rules and scoring of pickleball.

Friday - July 17

6:00-8:30PM

Class # 206000-26

FEE (R/NR): \$18 / \$22

### LUCK OF THE DRAW TOURNAMENT

A great way to play with and against different people! Play with a new partner every round. Sign up and compete individually.

Friday - August 28

6:00-8:30PM

Class # 206000-27

FEE (R/NR): \$18 / \$22