

Pickleball Lessons and Classes Offered by LH Pickleball Club

INTRODUCTION TO PICKLEBALL - Instructor Cal Meissen

Day and Time – Every Wednesday at 1pm.

This class is for any Lincoln Hills Resident interested in learning about Pickleball.

No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes.

You will learn basic rules, how to play the game and different paddles strokes used during the game.

BEGINNING PICKLEBALL – Instructor Gary Janikula

Day and Time – 1st Tuesday 2:30pm. Sign ups that Sunday at courts.

This class is for all Club Members that have taken Intro to Pickleball and are ready to move on.

You will increase your knowledge of game rules. Work on serving, returning and dinking. You will also be introduced to court positioning, strategy and the non volley zone.

INTERMEDIATE PICKLEBALL – Instructor Gary Janikula

Day and Time – 3rd Tuesday. Two Sessions. 3-4 PM and 4-5 PM. Sign Ups that Sunday at courts.

This class is for all Club Members that have taken Beginning Pickleball and want to improve their game.

You will continue to increase your knowledge of game rules. Work on serving with a purpose, returning service with intent and developing a third shot drop. Work on a strategy using dinks, lobs and drop shots.

Continue to improve consistency on all shots.

ADVANCED PICKLEBALL – Instructor Richard Norman

Day and Time – 1st and 3rd Monday 6:30 pm – 8:00pm

This class is for all Club Members that have taken Intermediate Pickleball or have a rating of 3.5 or higher. The intent of this class is to get you to the next level. Improving consistency of all shots, thinking about the next shot and executing the shot. Advanced techniques in court strategy and positioning will also be discussed.

Doubles and Single Lessons for 4.0+ players groups of 1-4 by appointment, contact Richard.

SKILLS AND DRILLS – Andrea and Armando Mayorga

Day and Time – 2nd and 4th Thursday 3:30-5:00

This class is for all Club Members, intended for all skill levels. This class will focus on one or two drills focusing on a particular skill each session.

McBEAN PARK CLASSES

Club members Andrea and Armando Mayorga offer free lessons on the first and third Saturdays at McBean Park. The introductory classes are at the basketball courts from 9 a.m. to 11 a.m. Their program is open to all residents of Lincoln, not just those who live in SCLH.

Several players also offer free lessons for various skill levels. Among those: Robin Haney and Michelle Carson work with beginners. Call Robin at 916-749-2549 or Michelle at 650-922-5299.

Richard Norman helps individuals or small groups with advanced, 3.5 plus skills. He's at 916-209-3668.