

PICKLEBALL
LESSON
RATES

Lesson Type	Member Rate	Non-Member Rate
½ Hour Private	\$37/Person	\$42/Person
1 Hour Private	\$75/Person	\$80/Person
2 People (Semi) 1 Hour	\$40/Person	\$45/Person
2 People (Semi) 1.5 Hours	\$60/Person	\$65/Person
Group of 3-1 Hour	\$30/Person	\$35/Person
Group of 3-1.5 Hours	\$45/Person	\$50/Person
Group of 4-1 Hour	\$20/Person	\$25/Person
Group of 4-1.5 Hours	\$25/Person	\$30/Person

PICKLEBALL RATING
SYSTEM

LEVEL 2.5

- Limited experience
- Can keep short rally
- Basic understanding of rules

LEVEL 3.0

- Forehand drives, serves and returns with medium pace, dinks
- Generally lacks consistency and control
- Understanding of basic strategy and rules, including ability to keep score properly

LEVEL 3.5

- Drives, serves and returns with pace, dinks and drop shots
- Developing backhand shots, some consistency and control
- Understand strategy and rules, starting to vary between hard and soft game

LEVEL 4.0

- Forehand and backhand drives and serves, drop shots, and volleys (including block volleys) of different speeds
- Very consistent and in control
- Understands strategy and rules, varies between hard and soft game

**ADULT
PICKLEBALL
FALL /WINTER
SEASON
2023 - 2024**

**Mid-Cape
Athletic Club**



GET IN THE GAME!

**For more
information call
508.394.3511**

CLINICS

Pickleball 101

- Our patient pros will teach you to play and get you into the game
- Paddle & Court Familiarity & Etiquette
- Development of Proper Hitting Skills
- Fun Games and Drills

Saturdays 9:30- 11:00am

Tuesdays 4:30pm- 6:00 pm

Pickleball 201

- Our patient pros will begin to implement more advanced tactics and hitting skills
- Paddle & Court Familiarity & Etiquette
- Sharpen Proper Hitting Skills
- More challenging Games and Drills

Saturdays 11:00am- 12:30pm

Tuesdays 6:00pm - 7:30pm

Pickle With A Pro

- Increased Consistency on all strokes, Shot/Spin Variety & Strategy
- Use of Placement, Patience and Power
- Match Play and Mental Preparation
- 45 minutes of drills and 45 minutes of play

Mondays 4:30pm -6:00pm

Clinic Fees

1.5 hours

Members \$25.00

Non-Members \$30.00

MCAC Pickleball Staff

Marcus De La Vega

Dale Gorman

Rithy Plang

Open Play

Leveled Pickleball Drop-In are weekly times that players can drop-in and play matches against other players. Play is organized by MCAC pros at tending and sign-ups can be done through Front Desk or mobile app. Please sign up according to your rated level.
(Limited to 22 players)

Wednesdays

6:30pm- 9pm (Levels 2.5 - 3.0)

Thursdays

6:30pm-9pm (Levels 3.5 -4.0)

Fridays

6:30pm-9pm (All levels welcome)

Court Fees/Open Play Fees

- Platinum/Total Club Plus \$0
 - Total Club \$3
 - Club \$6
 - Non-Members \$20*
- (*Punch Card \$150 for 10 visits)

Short term memberships available!



Ladder Play 3.0+

Ladder play consists of matches for 4-5 players at a similar skill level. Each player plays with every other player in the match and the final scores are posted to the coordinator. Players sign up weekly through Front Desk or mobile app. The matches are created, and a ladder coordinator is assigned.

Mondays 6:00pm-7:30pm

Ladder Fees

8 sessions

\$80 members/\$100 non-members

Any Questions?

Contact Marcus 617-388-5936