

PICKLEBALL LESSON RATES

Lesson Type	Member Rate	Non-Member Rate
½ Hour Private	\$42/Person	\$47/Person
1 Hour Private	\$85/Person	\$90/Person
2 People (Semi) 1 Hour	\$45/Person	\$50/Person
2 People (Semi) 1.5 Hours	\$70/Person	\$75/Person
Group of 3- 1 Hour	\$35/Person	\$40/Person
Group of 3- 1.5 Hours	\$55/Person	\$60/Person
Group of 4- 1 Hour	\$25/Person	\$30/Person
Group of 4- 1.5 Hours	\$35/Person	\$40/Person

Court Fees/Open Play Fees

Premium \$0

Preferred \$0

Club \$12

Non-Members \$20*

(*Package: 10 OPEN PLAY visits \$180)

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

OCTOBER 12TH, 2026
THRU
APRIL 2027

Mid-Cape Athletic Club



GET IN THE GAME!

For more
information call
508.394.3511
Or visit
MidCapeAthletic.com

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
- Introduction to Game Rules

Saturdays 9:30-11:00am

Pickleball 201

- Our patient pros will begin to implement more advanced tactics and hitting speed
- Paddle & Courts Familiarity & Etiquette
- Sharpen Proper Hitting Skills
- More challenging games and drills

Saturdays 12:00pm-1:30pm

Pickle with a Pro

- Increased consistency on all strokes, shot spin variety & strategy
- Use of placement, patience, power
- Match play & mental preparation
60 min of drills, 60 min of play

Mondays 5:00-7:00pm (2.5-4.0+)

Clinic Pricing

1.5 hours

\$35 members

\$45 non-members

2 hours

\$45 members

\$55 non-members

Open Play

Leveled Pickleball Open Play are weekly times that players can sign-up and play matches against other players. Play is organized by one of our pickleball pros as well as the players attending. Registration can be done through our mobile app, online or by calling the front desk.

There must be 4 players for the drop-in to run.

Please register in advance

Tuesday

7:00-9:00pm INTERMEDIATE/ADVANCED

Wednesdays

8:30-10:30am ADV. BEGINNER/INTERMEDIATE

7:00-9:00pm ADV. BEGINNER/INTERMEDIATE

Thursday

7:00-9:00pm INTERMEDIATE/ADVANCED

Fridays*

7:00-9:00pm ADV. BEGINNER/INTERMEDIATE

7:00-9:00pm INTERMEDIATE/ADVANCED

*Two courts for each level

Saturdays

2:00-4:00pm INTERMEDIATE/ADVANCED

4:00-6:00pm ADV. BEGINNER/INTERMEDIATE

ADV. BEGINNER— Levels 2.5-3.0

INTERMEDIATE—Levels 3.0-4.0

ADVANCED— Levels 4.0+

MCAC Pickleball Staff

Corey Sprauge

Paul Cove

Tom Pollert

Marcus De La Vega



Any Questions?

Contact Corey 508-776-9036

Contact Tom 812-344-3603