Course Overview:
This course is designed for beginning pickle ball players with some tennis background. The main goal of this course is learning pickle ball fundamentals, such as proper swings and scoring.

Requirements:
1. Pickle ball paddles will be provided for those who do not own one.
2. Dress appropriately for playing pickle ball, workout attire is recommended.
3. Do not wear shoes that will mark or scuff the court.

GRADING
1. Course is graded Pass/Fail based on attendance, participation and attitude.
2. After three (3) absences the student will lose credit and receive an “F” grade.
3. 100% of the grade will be based on attendance and participation.

DANGER SIGNS
This is a non-competitive class. Please work at your own level. If you experience any of the following symptoms during class, STOP vigorous exercise immediately and talk with the instructor:

*Lightheaded/Dizziness  *Chest Pain/Tightness  *Nausea
*Unusual Fatigue   *Sever Breathlessness  *Allergic Reactions

**DO NOT SEEK PRIVACY**

NOTICE

Reasonable accommodation will be provided for all persons with disabilities to ensure equal participation and involvement in the class.

Fees for this course are for court maintenance, balls, paddles, nets, and instruction.