




GET  
CONNECTED!

VISIT [YMCADC.ORG/PICKLEBALL](http://YMCADC.ORG/PICKLEBALL) TO:

- Learn about the Y Pickleball program.
- Meet the Y Pickleball Pros.
- Join the Y Pickleball Facebook page. 
- Reserve courts, sign up for drop-in sessions, join a clinic, and schedule private lessons.
- See the pickleball schedule of events.
- Sign up to compete in tournaments.
- See answers to Frequently Asked Questions.
- Join the YMCA including with the special pickleball membership.

To join the YMCA, please contact  
[member.service@ymcadc.org](mailto:member.service@ymcadc.org).

For additional pickleball information,  
please contact [pickleball@ymcadc.org](mailto:pickleball@ymcadc.org).

To learn about sponsorship opportunities  
and corporate events, please contact  
[pickleball@ymcadc.org](mailto:pickleball@ymcadc.org).



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PICKLEBALL



PLAY PICKLEBALL  
AT THE YMCA!

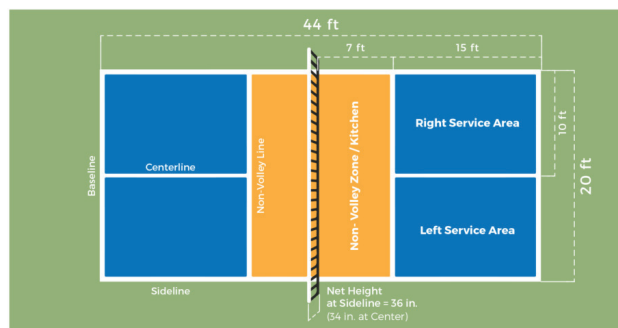
## PICKLEBALL RULES

The five most basic pickleball rules are:

1. Serving must be underhand from the baseline, diagonally crosscourt, and the serve cannot land in the no-volley zone (kitchen).
2. The serving player/team must let the return of serve bounce.
3. The ball must stay in bounds during play and bounce no more than once per side.
4. Players cannot hit the ball in the air when in the kitchen.
5. Games are played to 11, win by two. Points are only scored by the serving player/team.

There are more rules to the game, but these five will help you to get started. Have fun!

SCAN HERE  
TO VIEW  
THE COMPLETE  
RULEBOOK



The Y. For A Better Us.®

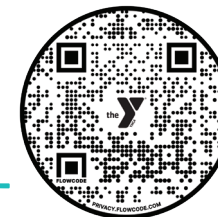


PLAY PICKLEBALL  
AT THE YMCA!

Offering more indoor and outdoor courts than any other provider across the DC, MD and VA area, the YMCA offers pickleball instruction, camps, drop-in play, open court time, social events, and tournament play for players of all ages and ability levels.



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MORE OR VISIT  
[YMCADC.ORG/PICKLEBALL](http://YMCADC.ORG/PICKLEBALL)



The Y. For A Better Us.®



# GET READY TO PLAY PICKLEBALL AT THE YMCA!



## PICKLEBALL PLAY

### Reservations & Walk-Ons

Play pickleball with friends at the Y by making a court reservation or just walk-on to play on an available court.

- Members play for FREE. No charge for court reservations or walk-on play.
- Non-members cannot make reservations, but can walk-on to play on available courts for \$20/non-member. If playing with a member, the fee is \$10/non-member.

### Drop-In Play

Be social and make new friends at the Y. Drop-In play sessions are 3-hours long and players are grouped according to skill level / rating.

- Members play for FREE.
- Non-members can play for \$9/session.

\* Guest pass policies apply.

Member benefits and rates are subject to change.



## PICKLEBALL PROGRAMS

### Instructional Clinics

Available for all ages and ability levels, clinics are fun, social, instructional sessions led by Y Pickleball Pros. Learn how to improve a specific shot (serve, dink, dropshot, lob, volley, etc.), improve your gameplay and more. Limited to eight players in each 1-hour session.

- \$30 per session for members.
- \$40 per session for non-members.

### Lessons

A private lesson is a customizable 1-hour session with a certified YMCA Pickleball Pro.

Lesson Type	Member	Non-Member
Private (1 Player)	\$75/player	\$85/player
Semi-Private (2 Players)	\$50/player	\$60/player
Group (4 Players)	\$45/player	\$55/player

## COMING SOON!

- Cardio Training for Pickleball
  - Corporate Challenges
  - Family Events
  - Fundraisers
  - Leagues
  - Player Rating Sessions
  - Programs for 70+
  - Social Events
  - Sponsorship Opportunities
  - Team Building Events
  - Tournaments
  - Training for Pickleball
  - Weekend Camps for Adults
  - Weekend Camps for Juniors
- For more information, please contact [pickleball@ymcadc.org](mailto:pickleball@ymcadc.org)

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