

LIFESPORT

Vernon Hills



450 Bunker Court
Ste 200
Vernon Hills, IL 60061
(224) 378-0297

LifeSportVernonHills.com

HOURS:
MON-FRI 6:30AM-11PM
SAT-SUN 6AM-5PM

**2024
FALL
PICKLEBALL
PROGRAMS**

adult pickleball

PICKLEBALL 123

Learn the rules, scoring, and basic strategy of Pickleball.

DAY	TIME	AUG 19–SEP 15	SEP 16–OCT 6	OCT 7–NOV 3
MON	9-10AM	\$78/\$96	\$78/\$96	\$104/\$128
TUE	7-8PM	\$104/\$128	\$78/\$96	\$104/\$128
THU	7-8PM	\$104/\$128	\$78/\$96	\$104/\$128

DAY	TIME	NOV 4–NOV 27	DEC 2–DEC 22
MON	9-10AM	\$104/\$128	\$78/\$96
TUE	7-8PM	\$104/\$128	\$78/\$96
THU	7-8PM	\$78/\$96	\$78/\$96

PICKLEBALL 456

Enhance techniques in groundstrokes, strength, serves, and volleys beyond Pickleball 123.

DAY	TIME	AUG 19–SEP 29	SEP 30–NOV 10	NOV 11–DEC 22
MON	10-11AM	\$130/\$160	\$156/\$192	\$156/\$192
TUE	8-9PM	\$156/\$192	\$156/\$192	\$156/\$192
THU	8-9PM	\$156/\$192	\$156/\$192	\$130/\$160

CARDIO PICKLEBALL

Cardio Pickleball is a fun group activity and a great way for players to enjoy the game in about an hour. You can get an amazing workout, socialize, and enjoy pickleball.

DAY	TIME	DROP IN MEM	DROP IN NON
TUE	6-7PM	\$12	\$20
THU	7:30-8:30AM	\$12	\$20

PICKLEBALL LEAGUES (DUPR account required)

	DAY	TIME	AUG 19–SEP 29	SEP 30–DEC 22
DUPR COED 3.5	MON	6-7:30PM	\$75/\$120	\$180/\$288
DUPR COED 4.0	MON	7:30-9PM	\$75/\$120	\$180/\$288
DUPR WOMENS 4.0+	THU	9-10:30AM	\$90/\$144	\$165/\$264

PICKLEBALL INVITATIONAL LEAGUE (DUPR account required)

	DAY	TIME	SEP 9–OCT 27	OCT 28–DEC 22
DUPR COED 4.5	MON	9-11PM	\$140/\$224	\$160/\$256

PICKLEBALL DRILL & PLAY

45–60 minutes of practice followed by game play.

	DAY	TIME	AUG 19–SEP 29	SEP 30–DEC 22
BEG/INTER ≤ 3.0	MON	4-5:30PM	\$80/\$105	\$192/\$252
	TUE	9-10:30AM	\$96/\$126	\$192/\$252
INTER/ADV 3.5+	TUE	10:30A-12P	\$96/\$126	\$192/\$252
ADVANCED 4.0+	THU	5:30-7PM	\$96/\$126	\$176/\$231

PICKLEBALL MATCH PLAY

	DAY	TIME	AUG 19–SEP 29	SEP 30–DEC 22
BEG/INTER ≤ 3.0	MO	9-10:30AM	\$48.75/\$75	\$117/\$180
	WE	10-11:30AM	\$58.50/\$90	\$117/\$180
	TH	10:30A-12P	\$58.50/\$90	\$107.25/\$165
INTER/ADV 3.5+	MO	10:30A-12P	\$48.75/\$75	\$117/\$180

PICKLEBALL OPEN PLAY

	DAY	TIME	DROP IN MEM	DROP IN NON
OPEN PLAY (all levels)	M-TH	6-9AM	\$7	\$15
	FRI	6AM-2PM	\$7	\$15
BEG/INTER ≤ 3.0	SAT	1-3PM	\$7	\$15
INTER/ADV 3.5+	SAT	3-5PM	\$7	\$15

junior pickleball

JUNIOR PICKLEBALL (ages 8–13)

Learn the fundamentals of the game: ground strokes, dinks, volleys and overheads, the serve and return as well as general rules of play.

DAY	TIME	AUG 19–SEP 29	SEP 30–NOV 10	NOV 11–DEC 22
MON	4-5PM	\$130/\$160	\$156/\$192	\$156/\$192
WED	4-5PM	\$156/\$192	\$156/\$192	\$156/\$192

HIGH SCHOOL PICKLEBALL (ages 13–17)

Learn the fundamentals of the game: ground strokes, dinks, volleys and overheads, the serve and return as well as general rules of play.

DAY	TIME	AUG 19–SEP 29	SEP 30–NOV 10	NOV 11–DEC 22
MON	5-6PM	\$130/\$160	\$156/\$192	\$156/\$192
WED	5-6PM	\$156/\$192	\$156/\$192	\$156/\$192

HIGH SCHOOL PICKLEBALL MATCH PLAY

DAY	TIME	AUG 19–SEP 29	SEP 30–DEC 22
THU	4-5:30PM	\$58.50/\$90	\$107.25/\$165

no class

Sep 2; Nov 28–29

For more information, contact:

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register now!

(224) 378-0297

lifesportvernonhills.com

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