



PICKLEBALL PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am-10:30am Pickleball League Practice	9am-10:30am Pickleball League Practice	9am-10:30am Pickleball League Practice	9:30-11:30am DUPR Ladder Practice 3.0-3.75	9:30am-11:30am DUPR Ladder 2.25 - 3.0	10am-11:30am Pickleball 101
10:30am-12pm Skill Builder 2.5 +	10:30am-12pm 3 & Me 3.0+	10:30am-12pm 3 & Me 3.5+	11:30am-1pm 3 & Me 2.5+	11:30am-1pm Skill Builder 3.5+	11:30am-1pm Skills & Play 2.5+
12:30pm-2pm Coached Round Robin 3.5	12:30pm-2pm Coached Round Robin 2.5	12:30pm-2pm Skill Builder 3.0	2pm-3pm Pickleball for Parkinson's	2:30pm-4pm Pickleball 101	1pm-2:30pm Skills & Play 3.0+
		4pm-6pm Junior Development Clinic	4:30pm-6pm Pickleball 101	4pm-5:30pm 3 & Me 3.5+	4pm-6pm Junior Development Clinic
			6pm-8pm Major League Pickleball 3.75+		

For private lessons or ratings, contact our coaching staff at
wellesleypickleball@longfellowhealthclubs.com.

Please register in advance for clinics, sign up on Court Reserve at
www.courtreserve.com or scan the QR code.

Scan to Download Court Reserve





Coached Round Robin: Structured match play with real-time coaching. Players rotate through games while the coach observes and offers feedback on positioning, shot selection, and strategy throughout play.

DUPR Ladder: A dynamic and competitive format for a wide range of skill levels. Players move up and down the ladder based on results, with stronger players rising to the top. The coach helps keep matches competitive, organized, and fun, while providing real-time feedback after points.

MLP: Major League Pickleball (MLP) is the premier professional coed team pickleball league, featuring top athletes competing in Women's Doubles, Men's Doubles, and Mixed Doubles matches. Teams battle it out in a round-robin group format, with the iconic "DreamBreaker" tiebreaker deciding any match that ends in a 2-2 tie.

Pickleball 101: In just a couple of hours, you'll learn the rules, pick up the basic skills, and get out on the court for some friendly play.

Skill Builder: A drill-focused clinic designed to develop and refine specific skills. Players work on technique, consistency, and fundamentals through focused, level-appropriate repetition.

Skills and Play: The best of both worlds. This clinic combines focused drilling with live play, helping players practice new skills and then apply them in real game situations with coach input.

3 & Me: Organized by similar skill levels, these clinics provide the opportunity to benefit from direct access to the coach while set in a match setting, making this the perfect program for taking your game to the next level.

Learn More: Visit www.dupr.com to learn more about the DUPR rating system.

To learn more about Major League Pickleball, visit www.majorleaguepickleball.com

or contact our coaches at wellesleypickleball@longfellowhealthclubs.com

to learn about any of our programs or have questions.

