



WHY PICKLEBALL?

- Sport for all ages and abilities
- Easy to learn the basics
- Great for recreation and competitive play
- Fun way to exercise and get into shape
- Meet awesome people
- To have a great time!



RE[↑]LISH THE
MOMEN[↓]T
PLAY
PICKLEBALL

MEADOW CREEK
TENNIS & FITNESS CLUB

6305 West 6th Avenue, Lakewood, CO 80214

303.232.6272

info@meadowcreektennis.com

MeadowCreekTennis.com



MEADOW CREEK
PICKLEBALL



JUST DINK IT

MEET GRAHAM MUSTOE

IPTPA Certified

Pickleball Professional

Graham has lived in Golden for over 25 years with his wife and 2 daughters, and worked as a full-time Engineering Professor at the Colorado School of Mines (CSM) for 30 years. He now loves teaching at CSM part time, and is an



avid tennis player who has played USA league tennis since 1990. After a calf injury in January 2016, Graham took a break from tennis, started playing pickleball and has become addicted to the sport. Since January 2016 he has become a fanatical student of the game, a competitive 4.5 level player, and a certified IPTPA pickleball professional instructor.

Graham enjoys travelling to near and far off places with his wife Sue, fly fishing on Clear Creek, watercolor painting, and walking with their golden retriever, Dundee.

Pickleball Lesson Rates:

# Players	1 Hour Lesson	3-Pack Total	6-pack Total
1	\$45	\$129	\$243
2	\$50	\$144	\$270
3	\$55	\$159	\$297
4	\$60	\$172	\$324
5	\$65	\$190	\$355
6	\$70	\$204	\$378
7	\$75	\$217	\$406
8	\$80	\$232	\$432

Non-member lessons will incur an additional \$4 guest fee/lesson

Contact info@meadowcreektennis.com or Graham Mustoe at gmustoe@gmail.com to get a lesson scheduled

2019-2020 DROP-IN PLAY TIMES AT MEADOW CREEK:

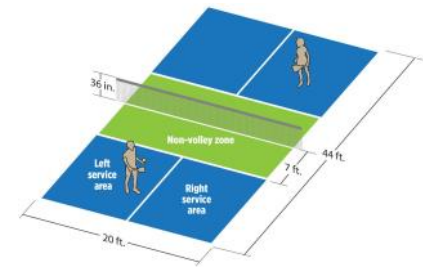
Tuesdays: 10am-1pm
Wednesdays: 7am-10am
Sundays: 5pm-8pm

Meadow Creek Members: Free
Non-Members: \$6/play
SilverSneakers: \$5/play

COURT AND GEAR

Pickleball is traditionally played on a 44' x 20' badminton-sized court that has two 7' wide non-volley zones adjacent to the net often called "kitchens". The paddles used were originally wooden but now are made of high-tech honey-comb polymer, graphite or aluminum materials. The ball used is similar to a whiffle ball with a diameter of approximately 3 inches (which is slightly larger than a tennis ball) and a weight of slightly under 1 ounce. The lower net height of 34 inches and the lightweight ball allows the game to be enjoyed and played recreationally by people of all ages and abilities.

Demo paddles and balls can be found here at Meadow Creek Tennis & Fitness Club in our Pro Shop and used by players that are new to the game. Our Front Desk Staff is happy to help get you set up!



BASIC RULES OF PICKLEBALL

Although pickleball is played on a court, the rules of the game more closely resemble table tennis or badminton than traditional tennis.

- The game begins with one side serving the pickleball, using the paddle.
- To properly serve the ball, the player must keep one foot behind the back line and strike the ball with an underhand swing, aiming at the service court located diagonally over the net, and clearing the no-volley zone.
- Service starts from the right hand court. Only one fault is allowed.
- In the case of doubles, both players get to serve once, and then the serve is taken over by the opposing team.
- Both sides must allow the pickleball to bounce first before hitting it with the paddle at least one time from the start of the game. Thereafter, players may volley the ball (hit it without allowing it to bounce), provided they are not within the no-volley zone within seven feet of the net (marked on the court).
- A player or team scores points only when they are serving. A pickleball game is played to 11 points and a win must be by two points.
- Similar to tennis, the following moves are faults in pickleball which causes a loss of point:
 - Failing to clear the net
 - Hitting the ball out of bounds
 - Volleying the ball from within, or while foot is in the no-volley zone
 - Volleying the ball before it has bounced on a first serve or first return